

These resources have been identified as easy to facilitate and needing limited resources to support line managers develop the skills of their team against some common themes.

There is a facilitator guide for each activity along with details of any resources you may need. The guide also includes suggested questions to support you pull out the learning from the activity.

OVERVIEW TO SELF FACILITATED ACTIVITIES										
ACTIVITY NAME	TIMINGS (for activity only need to add extra time for de-brief)	KEY THEMES								
		Communication	Team working	Creative Thinking	Time Management	Planning	Change	Decision Making	Influencing	Effective Delegation
Spaghetti Towers	Approx. 30 mins	●	●	●	●	●				
All Change	Flexible – Approx. 15 mins						●			
What we can do for you	Min 30 mins + presentation	●	●	●						
Life Raft	45 mins for activity	●	●		●			●	●	
Scavenger Hunt	45 for activity	●	●	●	●	●				●
Create a Radio Jingle	30-60 mins	●	●	●						
Paper Towers	Suggest 30 mins	●	●	●	●	●				
Newspaper Bridges	Suggest 45 mins	●	●	●	●	●				
Freight Transporters	Suggest 60 mins	●	●	●	●	●				
Zin Obelisk	Suggest 30-45 mins	●	●		●	●		●		
Red or Black	Suggest 30 mins	●	●			●				
Egg Ships	Suggest 30 mins	●	●	●	●					
Cross the Line	Suggest 20 mins	●							●	
The Floating Stick	Suggest 10-20 mins	●	●							
Block Up	30 mins + review	●								
Human Spiders Web	15-20 mins + review	●	●			●		●		
Bomb Disposal	30 mins + review	●	●			●				
Traffic Jam	30 mins + review	●	●			●				
Ping Pong Ball Challenge	30 mins + review	●	●	●						
All Hands on Deck	30 mins + review	●	●		●	●				●

If you would prefer to have a team event facilitated for you please contact the Leadership Development Team by emailing LDT@networkrail.co.uk



OVERVIEW TO ACTIVITIES DELIVERED AT WESTWOOD BY THE WESWOOD LEISURE TEAM

ACTIVITY NAME	NUMBER OF PARTICIPANTS	TIMINGS (for activity only need to add extra time for de-brief)	KEY THEMES								
			Communication	Team working	Creative Thinking	Time Management	Planning	Change	Decision Making	Influencing	Effective Delegation
Can you handle it?	Teams of 8-10	30 mins plus review	●	●							
Giant Jenga	Up to 3 teams – 10 per team	30 mins plus review		●			●				
Shape Challenge	Up to 20 (minimum 6)	30 mins plus review	●				●				
Peg Towers	Up to 60 (max 10 per team)	30 mins plus review		●		●	●				
Helium Sticks	Up to 50 (teams of 8-10)	30 mins plus review	●	●							
Picasso Challenge	Up to 30	Flexible	●	●			●				
Gutter Ball	Up to 30	30 mins plus review	●	●			●				

For more information on the following activities contact westwoodleisure@networkrail.co.uk

