



EXPLORE

Nottingham

COURSE GUIDE:

TEAM BUILD: Unleash your potential and forge unforgettable bonds with action-packed team building activities, designed to inspire, challenge, and empower you to work together. **INDOOR CLIMBING:** Scale new heights, conquer challenges, and build confidence one ascent at a time! **STEM:** unleash your problem-solving skills and collaborate to complete a challenge with creativity and innovation! **BUSHCRAFT:** Ignite a passion for outdoor adventure, immerse yourself in nature, reconnect with our ancestral roots and learn some valuable lifelong skills along the way in a friendly and relaxed environment. **MANAGING MONEY:** Take control of your money and unlock the secrets to good money management where you'll gain practical skills, smart strategies, and confidence in this area! **POSITIVE MINDSET:** Learn valuable techniques to stretch your mind into positive thinking and growth mindset! **PHOTOGRAPHY SESSION:** teamwork photographic session; hashtag photo activity...And much more **EXCITING** workshops, employability sessions and the best selection of **OUTDOOR ACTIVITIES** for you to try!

Conditions of attendance:

- ✓ No drugs
- ✓ No alcohol
- ✓ No violence
- ✓ No exclusive relationships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day off	Team Building Day 26 th Nov Prince's Trust	STEM Challenge 27 th Nov Prince's Trust	Indoor Climbing 28 st Nov UON	1-2-1 session Prince's Trust
Day off	Positive Mindset 3 rd Dec Prince's Trust	Money Management 4 th Dec Mybank	Treat Kitchen 5 th Dec Treat Kitchen	1-2-1 session Prince's Trust
Day off	Photography session 10 th Dec Prince's Trust	Urban Bushcraft 11 th Dec Urban Bushcraft	Stonebridge 12 th Dec Stonebridge Farm	1-2-1 session Prince's Trust
Day off	Urban Nature 17 th Dec Prince's Trust	Public Speaking 18 th Dec PT & UON	Celebration! 19 th Dec Prince's Trust	1-2-1 session Prince's Trust
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1to1s

There are limited places, so book early.

ALL SESSIONS START AT 10AM unless stated differently on the day of timetable. Don't be late or you may risk not being able to join the session.



WE'RE HERE TO HELP YOU REACH YOUR GOALS