



Expedition Inner Wisdom Incorporated
presents:
Team Building Workshops
at
The Laughing Goat Yoga Studio

Expedition Inner Wisdom Inc. has teamed up with Laughing Goat Yoga Studio in Thorndale, Ontario to offer team building workshops for corporate, student, and private party groups. Experienced and skilled facilitator Linda Weir, the creator and owner of Expedition Inner Wisdom, specializes in the conscious empowerment for groups and individuals. Linda, with her Masters of Education in Leadership and over thirty years of experience as a secondary school teacher and administrator, works with clients to custom design experiential team-building activities (including yoga with goats!) that improve team dynamics and boost morale. Grow the synergy of your group! Promote individual self-awareness, the foundational building block for strengthening trust between members, promoting open communication, and improving team productivity . . . and have some “kidding around” merriment along the way with Charlie, Elliot, Oliver, and Zoey – the adorable goats who ensure that folks don’t take themselves too seriously!

About your team-building facilitator . . .

Linda Weir (B.A., M.Ed., RYT200), one of Laughing Goat Yoga Studio’s instructors, is an *experienced, certified, and registered yoga teacher* who joined our Laughing Goat Yoga Studio herd just before the opening of the studio. Linda is an experienced and licensed *Stephen Covey: 7 Habits of Highly Effective People* course facilitator and has successfully run a private, life-coaching practice. She has completed all of the core courses of the *Co-Active Life Coaching Training Program* from the Coaches Training Institute in California, the *Fundamentals of Hospice Palliative Care* training sponsored by the Ontario Ministry of Health and Long-Term Care, the *Threat Risk Assessment Training* (Levels I and II) through Lethbridge College and the Royal Canadian Mounted Police, and her *Masters of Education in Leadership* with Charles Stuart

University in Australia. For over twenty years, she taught secondary school drama, English, and Special Education classes and ran numerous clubs and events including designing and facilitating leadership retreats for student council members and other high school student leadership groups. For an additional ten plus years in public education, she served as a secondary school vice-principal where she designed and led professional development workshops for teaching staff and where she created and implemented staff and student wellness workshops as well as school-wide Wellness Day celebrations. Also in her role as administrator, she served on the school board's *Tragic Events Response Team*. Linda's community involvement includes her work in the hospital as a palliative care ward volunteer and her service as a St. John Ambulance Therapy Dog handler. Presently, Linda devotes her time to Expedition Inner Wisdom Inc. where she believes that empowering others to grow their self-awareness, and ultimately own their unique magnificence, can move individuals, groups, organizations, and communities towards a more conscious, healthier, productive, and harmonious existence that inevitably contributes to the greater good of one and all.

Team Building Packages

Our packages include gentle yoga with goats; no experience with yoga is necessary. Variations and accommodations are offered to meet the varying physical needs of participants. This group activity generates engagement, wellness, curiosity, playfulness, and a common, unique, group experience. The partner yoga component within it builds trust and communication between group members. Our yoga is taught by a certified and registered yoga instructor. Our programs also include communication-enhancing, problem-solving, frolicsome group games that prompt discussion, self-reflection, and new perspectives on approaching tasks and communication effectively. Two examples of the kinds of games utilized include mirthful, puzzle-solving, strategic scavenger hunts on the venue's countryside grounds and package-wrapping challenges with humor-inducing, creative twists.

Our professional facilitator aligns workshops with your desired outcomes; consequently, your package includes a telephone consultation prior to the day of the workshop and skilled debriefings during the workshop. Sample questions to ask yourself are: What are my desired outcomes? What do I want my team to do differently at the end of this workshop? What values am I hoping to grow? What behaviors am I seeking to bring out in our workplace? What discussions do I want to encourage?

In addition, you can add to the team building portion of your visit by scheduling in meeting time to attend to your team's personal agenda items. We also offer refreshment packages.

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Pricing

Team Building Workshop Packages

It is \$85 per person for a two-hour team building workshop with the minimum payment reflecting the price of 8 participants.

For each additional team building workshop hour over two-hours, add an additional \$40 per person.

You may also purchase additional hours for your team to attend to personal, agenda items at the rate of \$100 per hour for the studio/meeting area space.

There is a non-refundable deposit of \$100 at the time of booking.



Laughing Goat Catering Menu

Charlie's Continental Breakfast

Fresh baked scones, cinnamon buns,
Fruit Danishes, croissants and bagels
Jam, cream cheese and butter included
Garnished with fresh grapes
Small serves 15-20 people \$65.00
Large serves 25-30 people \$ 90.00

Goat Sandwich Platter

Delectable sandwich platter of
Turkey breast, Ham, Roast beef,
Egg Salad and Tuna Salad
Topped with cheese and lettuce
Served on a variety of fresh breads
Serves 10 people
\$55.00

Zoey Wrap Platter

Turkey breast, Ham, Roast beef,
Egg Salad and Tuna Salad
Topped with Caesar, mustard,
or ranch dressing
Lettuce and shredded cheese
Served on fresh wraps
Serves 10 people
\$55.00

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Elliot Veggie Platter

Seasonal fresh vegetables with spinach dip

Small serves 15-20 people \$55.00

Large serves 25-30 people \$65.00

Happy Herd Fruit Platter

Fresh hand cut fruit arranged on a platter

With a decadent vanilla dip

Small serves 15-20 people \$65.00

Large serves 25-30 people \$90.00

Oliver's Sweet Tooth

Fresh pastries and deserts

Serves 10 people \$30.00

Coffee and tea

Serves 15-20 people \$35.00

Assorted soft drinks, juice, and water \$3.50.