



TEAM BUILDING, LEADERSHIP & DEVELOPMENT



INSPIRING

WHY CHOOSE DELPHI?

Our Location

The Delphi valley is a fresh, uniquely inspiring and truly invigorating environment which allows delegates to totally immerse themselves in our team building. Situated along the Wild Atlantic Way, Delphi is unique in its geographical and glacial history. With Connemara's tallest mountain, the Mweelrea, as the backdrop, the area contains some of Ireland's most awe-inspiring and dramatic scenery.

Our Passion

Teams that possess the ability to retain focus and thrive under pressure in hostile, challenging environments are the teams that succeed in delivering consistent, powerful results. Delphi Adventure Resort is passionately committed to providing inspiring, invigorating and challenging experiences that empower people and inspire teams to excellence.

Our Programmes

Combining the latest principles in organisational psychology, elite sports team performance strategies and outdoor adventure, the team at Delphi Adventure Resort have developed a range of unique experiential training programmes that deliver tangible results. Whether you are looking to reward and motivate your team, need to develop the proven skill-set and leadership abilities of high performance teams, or hone and challenge your teams' physical and mental fitness, we have a solution to suit you:

- **Team Bonding**
- **Everest Team Development Programme**
- **Everest Executive**
- **Sports Team Training Camps**

Our Expertise

Our world-class facilitators are carefully selected having personally excelled in guiding teams to the very summit in the fields of business, elite sport and outdoor adventure.



David O'Loughlin – has been immersed in the high performance environment of elite sport both as a Performance Coach and as an Olympic athlete. He has competed at the pinnacle of his chosen sport, cycling, at World Championships, Pro Tour events and the 2008 Beijing Olympic Games. An avid adventurer, David brings a passion for the outdoors and a wealth of experience in experiential learning to his role as General Manager of the Adventure business at Delphi Adventure Resort.



Gerry Hussey – Gerry has been working at the forefront of Olympic and International Sport since graduating from Trinity College Dublin in 2003. In his role as a Performance Consultant Gerry has coached elite athletes for Olympic Games, Heineken Cups, European and World Championships. Among his current clients are the Irish Olympic Boxing team, Munster Rugby and Vodafone. Gerry brings an unrivalled wealth of honesty, experience and infectious passion to his work.



CHALLENGING

WHY INVEST IN YOUR TEAM

We understand that your human resources are your greatest asset, and can represent your most significant operating cost. They are also the key difference to success in today's competitive marketplace. Organisations trust us in training their teams because we understand that to inspire fresh, out of the box thinking, you have to take people out of the box.

Experiential Team Building will:	Leading to:
Boost morale	Increased team alignment
Align team with organisational goals & aspirations	Increased staff performance
Encourage positive and open communication	Increased productivity
Develop rapport, trust and accountability	Increased staff retention rate
Improve problem solving agility	Increased staff commitment
Identify and develop leadership potential	Increased morale
Break down barriers	Decreased costs
Ignite creativity	Increased profitability

“Talent wins games, but teamwork and intelligence wins championships”

MICHAEL JORDAN, NBA SUPERSTAR



INVIGORATING

TEAM BONDING ACTIVITIES

If you're looking for a team bonding activity that delivers on enjoyment, energy and fun, look no further than Delphi Adventure Resort. Our wide range of sea, land and forest based activities will challenge, motivate and inspire your team to break down barriers, communicate openly and collaborate effectively to achieve great results. A memorable, fun-fuelled adventure, guaranteed.

Our activities include :

SEA



- Blueway Kayaking
- Blueway Sea Kakaing Tour
- Blueway Snorkeling
- Canoeing
- Coaststeering
- Pedal and Paddle Tour
- Raft Building
- Surfing

MOUNTAIN



AERIAL ADVENTURES

- Aerial Trekking/Tree Top Adventures
- Adventure Tunnelling
- Canyon Swing
- Climb & Abseil
- High Ropes

CYCLING ADVENTURES

- Connemara Cycle Tour
- Guided Cycle Tours
- Mountain Bike Hire
- Mountain Bike Lessons
- Mountain Bike Trail

FOREST



- Archery
- Bush Craft - Survivor Skills
- Hill Walking
- Famine Trail Walk
- Orienteering

BODY & MIND



- Pilates
- Reflexology
- Relaxation Suite
- Reiki
- Seaweed Baths
- Thermal Suite
- Trail Runs
- Warrior Fitness Programme
- Yoga



EVEREST TEAM DEVELOPMENT PROGRAMME

At Delphi Adventure Resort, our team of highly experienced and skilled facilitators have gone to extraordinary lengths to design an innovative and exciting suite of team building experiences that are both steeped in the spirit of adventure and fun, but also guided and directed by the very latest principles of organisational psychology. Inspired by the breath-taking beauty of the Delphi Valley, the Everest Programme provides teams with an opportunity to experience the challenges of a simulated Everest expedition tailored to meet their precise learning objectives. By developing the knowledge, skills and attitudes of high performance teams, we empower teams to achieve their goals and reach the summit.



1
Pre-Departure Challenge - Goals & Actions
Here your team will experience, first hand, the excitement and challenges of preparing to be part of an elite team in the final stages of preparation for their Everest ascent. This challenge focuses on promoting communication, information gathering and basic team function literacy.

Experiential Activity:
Facilitated Indoor/Outdoor Team Alignment Games

Key Learnings:

- Experience advantages of co-operation over competition
- Understand importance of clearly defined roles and responsibilities
- Identify key areas of team dynamics that inspire elite team performance



2
Base Camp Experience - Vision & Aspirations
Base Camp is where your teams' Everest experience begins for real. We have re-created the intense atmosphere of Everest Base Camp so your team can fully experience this raw and relentless environment. Your team will work together to unlock and uncover the real brilliance of innovative and cohesive teams.

Experiential Activity:
Establish Base Camp

Key Learnings:

- Uncover the core values and mission statement of the team and organisation
- Identify and maximise the skills and resources within the team
- Develop effective system of peer monitoring and coaching



3
Hillary Step Adrenaline Push - Emotional Intelligence & Awareness
Here in this competitive and compressed environment your team will be challenged to embrace its fears and rethink its limits in order to excel in this white knuckle experience. Team work and crystal clear communication is the only way to get through this mentally and emotionally challenging experience.

Experiential Activity:
Aerial Trekking

Key Learnings:

- Identify and manage the emotional stress points of team members
- Understand the powerful impact of establishing early warning detection systems
- Demonstrate the communication techniques of high performance teams



VISION

“People do not decide to become extraordinary. They decide to accomplish extraordinary things”

SIR EDMUND HILLARY, EXPLORER



South Summit Push - Continuous Improvement & Accountability

The South Summit on Everest presents teams with their first glimpse of their greatest ambition, and success seems within grasp. However, this is where teams are at their most vulnerable and it is here that remarkable composure and attention to detail is most required.

Experiential Activity:
Blue Line Activity

- Key Learnings:**
- Maintain composure and focus in stressful situations
 - Identify performance and momentum influencers/inhibitors
 - Adopt a continuous improvement mindset



Beyond The Clouds - Creativity & Agility

This highly creative experience will empower your team to create a vision that explores all possibilities, opportunities and abilities within the group and the wider organisation.

Experiential Activity:
Geocoaching Treasure Hunt

- Key Learnings:**
- Adopt methodologies to encourage creativity and innovation
 - Identify new and emerging opportunities
 - Identify the critical elements necessary to grow and prosper



Emergency Evacuation - Cognitive Clarity & Assessment

Can your team survive a real life Everest emergency situation that will test even the most elite of teams? Here your team will get to understand first-hand the importance of maintaining composure and emotional control when decision making under difficult and challenging conditions.

Experiential Activity:
The Bog Challenge

- Key Learnings:**
- Identify models of great leadership
 - Develop emotional intelligence in decision making and communication
 - Enhance conflict management skills



“One must conquer, achieve, get to the top;
one must know the end to be convinced that
one can win in the end – to know there’s no
dream that mustn’t be dared”

GEORGE MALLORY, EVEREST EXPLORER

EVEREST EXECUTIVE

Edmund Hillary became the first man to successfully conquer the Summit of Mount Everest. By also reaching the North & South Pole Hillary took himself and his team beyond the limits of possibility and entered the ranks of the extraordinary. Inspired by Hillary, Everest Executive combines the key principles of successful leadership with adventure to equip your leaders with the vital knowledge, skills and attitudes to inspire and empower teams to thrive in the most challenging of environments.

Key Learnings:

- Models of great leadership
- The importance of vision
- The importance of emotional intelligence
- Conflict management techniques
- Inspiring a more creative, innovative, resilient team

Our 5 Step Everest Delivery System



We work with you and your team to ensure our Everest Programme is tailored to meet your exact requirements. Discussing your teams learning objectives and goals, along with our pre-experience profiling, ensures we deliver a programme perfectly suited to your objectives and budget. Debriefing and post-training reports ensures consolidation of key learnings is maximised.



UNITY

SPORTS TEAM TRAINING CAMPS

You've got what it takes - it will take all that you've got!

Our sports team training camps will enhance your team's leadership, composure, execution, adaptability, resilience and ability to execute clear and specific tasks in a high pressure environment. We provide a series of team tasks and experiences that challenges your team on a physical, emotional and cognitive level.

Your team will be challenged to work in multiple group situations, ranging from one unified team to working effectively in micro focused units. Our trained facilitators will work closely with your group to motivate, challenge and facilitate your team's development and task completion. Our experienced leaders will ensure that each individual is challenged to take control and display clear and powerful leadership at various times throughout the challenges.

At Delphi Adventure Resort we excel in creating sports teams that have greater:

- Unity
- Resilience
- Belief
- Purpose
- Defined Internal team standards
- Greater accountability and responsibility
- Increased composure and clarity in stressful situations

We know you're serious about maximising your teams performance, we're serious about helping you make it happen.





CONVENE

MEETINGS, CONFERENCES & EVENTS

Wonderfully situated in idyllic surroundings, the Conference facilities at Delphi Adventure Resorts' 4* hotel provide the perfect location for your next business event. Located just 30 mins drive from Westport Train Station and 1.5hrs from Galway city centre, the Delphi Adventure Resort offers the opportunity for delegates to completely immerse themselves in the event. For overseas visitors and delegates, Ireland West Airport Knock, well serviced by UK and European flights, is located 95kms from Delphi. We are happy to provide complimentary bus transfers to the Resort from the airport or train station for groups travelling on business.

Our unique conference room and banqueting rooms enjoy natural daylight and offer the latest technology, coupled with unobtrusive service, to create a unique and sophisticated environment. Our experienced and friendly team are at hand to help with planning and organising your corporate event and always aim to surpass your expectations.

Our meeting rooms have AV facilities including:

- Projection Equipment
- In built screen
- Complimentary Wi-Fi Internet
- TV/VCR/DVD
- Sound system and microphone
- Flipchart

Conference Room Capacities:

Theatre	70 pax
Cabaret	40 pax
Boardroom	30 pax

Meeting Room Capacities:

Theatre	40 pax
Cabaret	30 pax
Banquet	30 pax

Events Hall :

Theatre	150 pax
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At Delphi Adventure Resort every gathering and conference is a special occasion, so whether you are organising a small meeting, an international conference or a gala event, we will help you create a unique and memorable event.





RELAXING

THE SPA @ DELPHI

Plan your escape to Delphi's award-winning spa, where you can inhale... exhale... and feel the stresses of everyday life drift away.

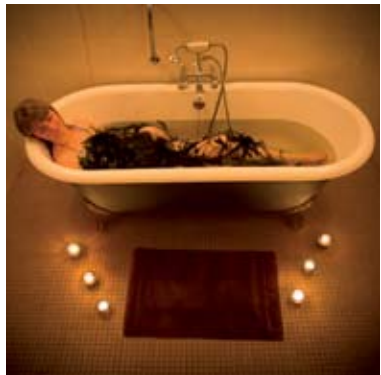
Treatments start at just 25 minutes long, and packages offer up to 3 full days of pampering. Treat yourself, or someone else, to a body wrap, massage, facial, or all three. We use only the best deluxe products, blended from pure organic ingredients that nourish the body, mind and soul.

Eminence Organic Skin Care: Eminence contains no preservatives, parabens or harmful chemicals. It is crafted using several generations of herbalist and wellness knowledge combined with the best modern European skin care techniques. Potent fresh herb & fruit aromas will elevate your senses and leave you refreshed, rejuvenated and deeply relaxed.

VOYA: Ireland's only 100% certified organic spa range. Hand harvested from the west coast of Ireland this seaweed based range of spa treatments uses the finest natural, results driven therapeutic ingredients leaving you feeling rejuvenated, relaxed and renewed.

Delphi is located just 30 minutes drive from the bustling town of Westport. We are also within 1 hour and 20 minutes from Galway City. Why not escape the crowds and journey into Connemara's lush open valleys – among the most stunning scenery in Europe. Sit back and relax with a Delphi detox tea, mini fruit smoothie or spring water in hand, and enjoy the tranquil atmosphere. From our Thermal Suite you gaze out over the dramatic Mweelrea Mountains and unwind surrounded by nature's striking beauty.

Whether you are here on an adventure holiday or just taking a quick time out, the Spa @ Delphi is the perfect place to relax, recharge, and reclaim your precious 'me time'.





NOURISHING

OUR FOOD

Central to the Delphi experience is our food. Our Wild Atlantic Restaurant draws its inspiration from the local land and sea. We catch our lobsters and mussels fresh each day in Killary fjord and our organic lamb and beef comes from the local farms and hills surrounding Delphi. We endeavour to source our ingredients from carefully selected farmers and fishermen within Connemara. Our vegetables come from a selection of local growers and suppliers.

We also have a bar menu in our Connemara View Bar & Grill. Food is served daily from 12pm to 9.30pm. Bottled beer, wine and a selection of spirits is available in the bar, as well as the finest Guinness on draft and our signature Connemara Cocktails!

If you are looking for some casual dining or simply want to sit and enjoy some of Connemara's finest coffee, our Wild Atlantic Cafe is a treasure chest of local produce and some fine Irish crafts. Available at the counter is a range of freshly baked breads and pastries, fresh coffee, delicious Delphi Smoothies and a selection of light but tasty salad, soup and sandwiches.

Food at Delphi, a truly delicious and nourishing experience.





OUR ACCOMMODATION

Curl up in our sumptuous linen and enjoy a blissfull, uninterrupted nights sleep and look forward to waking up to breathtaking scenery and a day of relaxation and exploration.

Accommodation at Delphi ranges from Wow-Factor 2 Bedroom Suites with living rooms, an open stove and large wooden balconies, to split level junior suites and our cosy double rooms. We make every effort to help you have a long, comfy sleep and all beds have beautiful cotton sheets and extra downy quilts.

All of our rooms have deep shag pile carpets, natural wooden floors and large couches. Our bathrooms have oversized bath towels and organic bath and shower products from Connemara.

We want to ensure you have a tranquil rest so we have no TVs to distract you.

All of our stylish rooms are designed to maximise the breathtaking views of the surrounding Connemara mountains. There really is nowhere in the world you'd rather be!



Planes, Trains & Automobiles

Westport Railway Station, Ireland West Airport Knock & Shannon airport are only a short drive away. For groups we offer complimentary transfers from Westport Station and Knock Airport – please call to arrange.



Distance from

Westport Railway Station	32 kms
Ireland West Airport Knock	95 kms
Shannon Airport	149 kms
Cork Airport	260 kms
Dublin Airport	270 kms
Belfast Airport	341 kms

N: 53.62209 W: 009.75488

So now you know which part of the world we're in...we look forward to meeting you!

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BE PART OF THE ADVENTURE
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