



You are a leader, a manager :

You wish to strengthen group cohesion and motivation or reward it?

Create connection and synergies between your coworkers with surprising, play activities?

You wish to organise a seminar?

Give them an exceptional, original moment.

We are specialized in **team-building, team-booster** and **incentive** through our multi-activity challenges and thanks to different mediums such as sailing, speleology, canyoning, rafting, hydrospeed, wake-board, etc...

Our assets:

- In **France** and **Switzerland**
- Activities in **French** and **English**
- **All-inclusive** price package deals seminars (accommodation, catering, transport, activities)
- **Made-to-measure** seminars
- From **5 to 400** people
- From **2 hours to several days**

They have placed their trust in us:

Airbus, Total, Décathlon, EDF, Vinci, Ricard, Système U, Hydrosystem, Conforama, SNCF, ...



INTERACTIONS CCF guides you in the organisation of this intense time with experienced professionals.

A night on a sailing boat



Participants will live an exceptional adventure boarding in the **Mediterranean** on a legendary 18 m sailboat, « team spirit » under the supervision of two renown skippers Christopher Pratt and Dimitri Deruelle.

The land and sea challenge



During half a day, one water activity and two on land

- **Polynesian outrigger canoe**
- **Mountain bike and motocross**
- **Orienteering race**

Polynesian outrigger canoe

Starting on a beach, 5 teams on 5 great 12 m outrigger canoes try to make the best time racing along a course marked by buoys accompanied by instructors.



Orienteering race

Teams have to find keys hidden in nature using an IGN map, a compass and clues.

Sailing and team-building event



Followed by **a top of the range speedboat** with pilot and a photographer for some pictures.

Lunch and half-day activity.

Top of the range regatta sailing on two identical **10 m schooners**.



State- certified instructors in all fields.



Package deals available with other activities such as:

Canyoning

Scuba diving

Speleology

Jet ski

Catamaran sailing

Treasure hunt



Interactions Conseil Coaching Formation is an AXALP activity.

Journey to the centre of the earth



Spend nearly 24 hours underground:

- An afternoon of speleology.
- Gourmet dinner.
- A night underground, back up in the morning.

Live an **extraordinary** and **rare adventure** in an unknown environment both magnificent and impressive **all the while** going forward together.

Learn to master your stress, help each other in a perfectly safe environment with a great specialist in speleology, rock-climbing, and mountaineering.



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Outrigger canoes challenge.



During half a day, take part in a tournament in 6 seats outrigger canoes.

This type of event, incentive or team building, is very spectacular.

The Polynesian outrigger canoe competition encourages teams to bind, compete and go beyond their limits **all the while developing fighting spirit.**



For groups between 30 to 400 people

A time of conviviality and joys.

A quality seminar.

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Dragon boat



We will choose the solution that best fits your aims.



Motivate your teams thanks to this rare, original and exotic medium.

- Board up to **22 people** for **team** and **incentive building** or quite simply for relaxation and fun.
- This boat is an extraordinary tool for our following seminars: « **rowing together in the same direction** », « **all together** », « **together in the same boat** »
- Several approaches possible with this **exotic boat**, used as a single activity or as part of a multi-activity seminar: **group cohesion, confrontation, motivation**, etc...

Team-building day with sailing and paddle



State-certified instructors in all fields.

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Snow and nature

These special moments will meet your expectations:



- Increase the **motivation** of your teams
- Soothe tensions, find **harmony**
- Increase group **performances**
- **Reward** your teams

Made-to-measure snow events.



You will discover a beautiful, wild nature through unusual activities:

- **snowshoe hiking, under ice scuba diving, igloo building ,dog sleigh rides.**

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AIMS AND EXPECTED BENEFITS

- > Work on the **competitive spirit** of your teams.
- > **Know one's limits** and respect those of coworkers.
- > Be able to **help coworkers** in times of crisis.
- > **Build communication processes** both efficient and effective.
- > **Succeed in building a strategy** and adapt to an ever-changing environment as a group

Bring your teams closer thanks to play events where sport and group cohesion will make the difference.



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