

## About The Course

Our state-of-the-art Challenge Activities Ropes Experience (C.A.R.E.) designed, constructed and inspected by Project Adventure, is centrally located on the Nassau/Suffolk border on the beautiful grounds of The Long Island Home. Our professional staff will work closely with you to custom design an adventure program that will meet your needs.



## About The Staff

The C.A.R.E. course is facilitated by a team of master-degreed healthcare professionals with over 20 years of combined "adventure" experience.

## To Schedule Your Experience

To schedule your experience,  
or to obtain more information,  
please call

631-608-5342

## Directions

Northern State Pkwy., Exit: 40

L.I. Expressway Rte. 495, Exit 49

Southern State Pkwy., Exit: 32

From New York City

Sunrise Highway

L.I.R.R.

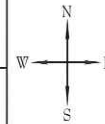
Merrick Road



The  
Long Island  
Home

Louden Ave.

Amityville, NY  
Station



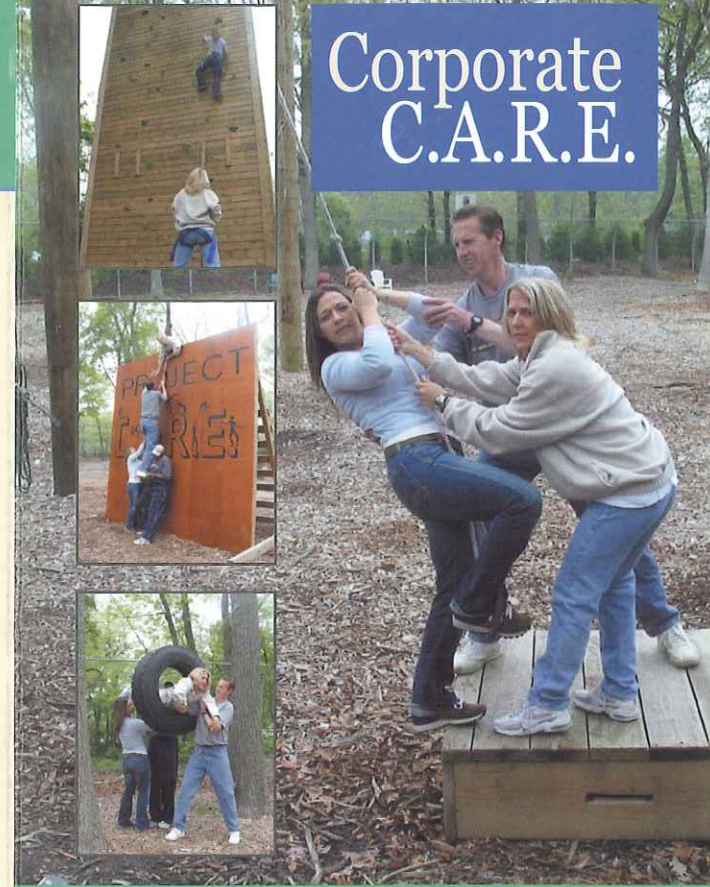
Route 110

  
*The Long Island Home*

400 Sunrise Highway  
Amityville, NY 11701

[www.south-oaks.org](http://www.south-oaks.org)

## Corporate C.A.R.E.



## Team-Building Adventure Workshops



631-608-5342

  
*The Long Island Home*

# Why Choose Corporate C.A.R.E?

Corporate C.A.R.E. provides adventure workshops, facilitating groups to work/think/learn together.

- Leadership Development
- Co-worker Trust and Cooperation
- View Situations from Co-workers Perspective
- Communication
- Break Routine



# Who Should Attend?

If your employees need an opportunity to rejuvenate, re-connect, recharge and experience professional and personal growth in a non-traditional setting, this workshop is for you.



# Team Experience

*"Tell Me and I will forget;  
Show Me, and I may remember;  
Involve Me and I will understand"*  
Chinese Proverb

- Team Dynamics
- Open Knowledge and Confrontation of Conflict
- Recognizing and Respecting Individual Differences
- Setting Higher Standards for Personal and Team Performance

# Executive Training

Workshops designed to maximize individual effectiveness, ensuring team success.

- Leadership
- Problem-Solving
- Conflict Resolution
- Time Management
- Assertiveness
- Listening/Communication
- Team Building



# Customized Workshops

Development and special customization to meet the express needs of your team.

# Half-Day Curriculum Example

- Group Introduction/Ice-Breaker Activity
- 1-2 Low Group Initiatives
- Group Processing
- 2 High-Element Opportunities\*
- Closing Debrief



# Full-Day Curriculum Example

- Group Introduction/Ice-Breaker Activity
- 3-4 Low Group Initiatives
- Sequential Group Processing following each activity
- Lunch
- 3-4 High-Element Opportunities including climbing tower and zip wire\*
- Closing Debrief



\*all element opportunity is by choice.