

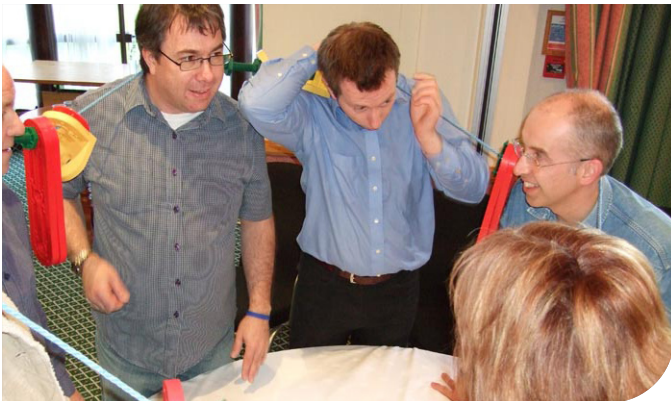
## Icebreakers and Energisers

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<b>Duration:</b>	30 to 60 minutes
<b>Guest Numbers:</b>	Up to 300
<b>Requirements:</b>	Varies depending on activities.

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Our Icebreaker activities will complement conference programmes and deliver maximum benefit because we understand that well planned conferences and meetings are an essential part of developing your business and staff.



Flexible to meet your needs, these activities can be bolted together for a full event or used as a stand-alone breakout session. Designed to energise and invigorate your guests, they give delegates the opportunity to benefit from a pause in the schedule to re-focus concentration and get to know their colleagues – all whilst having lots of fun!

Icebreakers and Energisers are designed to encourage the development of skills and to provide guests with an additional element to take back to the workplace and build on.

Reinforcing the conference message or providing a breath of fresh air, they are ultimately designed to be fun and rewarding experiences for all.