



Training Facility

The Strengths of Boulders' Programme:

Bespoke Content

To ensure absolute relevance to your training programme, Boulders invests in getting to know and understand your training Objectives. With close client consultation, Boulders selects a set of physical challenges which will tackle, individually or collectively, the key skills identified by the training objectives.

Each bespoke programme aims to change participants' attitudes in order to help you unlock their true potential and achieve the peak performance that will benefit their work place – always with the focus of generating the crucial evidence of key skills attainment.

Course Design

The day will be tailored to meet your exact requirements. Boulders' state-of-the-art meeting room is available for classroom activities, lunch and debrief.

Key Skills

- **Application of number**
 - Interpreting information involving numbers
 - Carrying out calculations
 - Interpreting results
 - Presenting findings
- **Communication**
 - Practical application of speaking, listening and reading
- **Working with others**
 - Planning, organising and reviewing tasks
 - Interpersonal skills
- **Problem solving**
 - Analysis to arrive at conclusions
 - Synthesis to create a process
 - Resource planning
 - Gaining the co-operation of others
- **Improving own learning & performance**
 - Target setting, planning, learning, reviewing and interpersonal skills

Leadership & Management

- Goal setting
- Selecting, building and forming a high performance team
- Team work, team building and trust
- Co-ordination
- Leadership
- Decision making
- Problem solving
- Attention to detail
- Communication
- Managing risk
- Management and control
- Time management
- Delegation
- Change management
- Individual personal development
- Confidence building

"Experiential learning exercises such as the Boulders' programmes are particularly effective"

Lt Col Doug Gibson,
Royal Engineers

