



# **CORPORATE TEAMBUILDING & TRAINING CATALOGUE**

# **CORPORATE TEAMBUILDING/TRAINING PROGRAMS**

*\*Option of DSD, Training or Teambuilding (or all three together)*

# TRAINING FOCUS



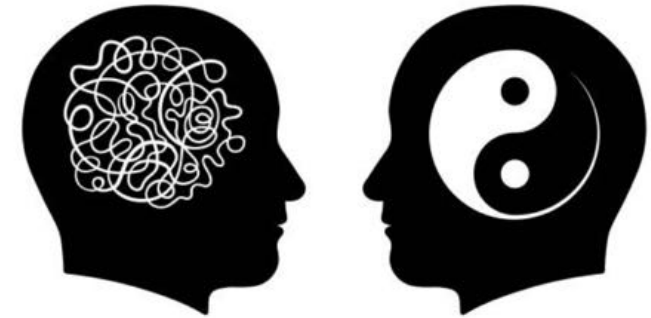
Some 29.9 per cent or 4.2 million of Malaysians above 16 years of age suffer from some form of mental illness, according to the National Health and Morbidity Survey 2015. Many companies are losing talent due to stress and dissatisfaction at work.

Diving is fun and also therapeutic. Once underwater, all the person hears is his/her breath. It is proven to be a great stress reliever.



Scuba Diving is centered around teamwork. All divers learn to trust their buddies while at the same time, look after their own buddy too.

This builds a strong teamwork and trust amongst each other.



The typical trainings for mid to upper management level for crisis/adversity management is considered dull and very theory based.

Our training is focused on instilling the ability to deal with adversity and crisis by exposing them to a whole new world underwater. They will learn how to deal with a new environment in a calm and collected manner.

# PROGRAM STRUCTURE



**PART 1**  
CLASSROOM



**PART 2**  
TEAM  
BUILDING



**PART 3**  
DISCOVER  
SCUBA DIVING



# **MEMBER BENEFITS**





A fun teambuilding event to destress the team after a hard stretch of work. A form of stress reliever as well as reward for the employee



The lifetime licence (no renewal required) is seen as a desirable reward for the employee as it is something that they can own for life.



This reward can also be used as a motivator to drive employees to work harder to hit a specific KPI to enjoy this reward.

# BENEFITS

# SUGGESTED MECHANICS

Members are entitled to the following promotion throughout the year:

- 1. 25% off Discover Scuba Diving  
(Retail price: RM150)**
- 2. RM75 off PADI Open Water Licence  
(Retail price: RM1300)**

*\*Benefits subject to discussion. We are open to different suggestions*

# PADI DISCOVER SCUBA DIVING PROGRAM



**Expand your comfort zone by immersing into the world underwater**



**A great teambuilding activity for friends and family**



**An alternative healthy activity in the midst of the hustling city**

**This is a 1.5hour experience program for those who are curious about what it is like to be breathing underwater.**

**Perfect for: Anyone who is reasonably healthy with a curious soul but not 100% sure if diving is for them**



# PADI OPEN WATER COURSE

**PART 1**

**THEORY**



**PART 2**

**POOL**



**PART 3**

**OCEAN**

**This is the first level to scuba diving. The course is structure to progressively introduce you to the underwater world. With this licence, you can go down to 18m. Lifetime licence is valid worldwide. Course requires two half days in PJ and 3D2N on island.**

**Perfect for: Anyone who is above 10, who is reasonably healthy with basic swimming skills.**

# OUTCOME



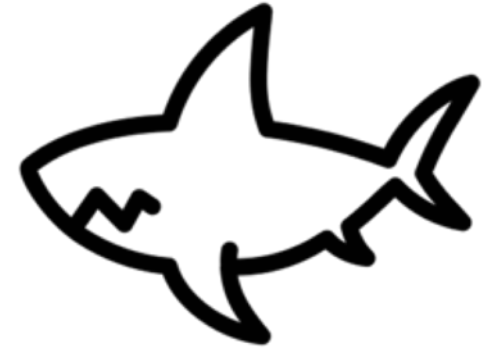
Scuba Diving is a healthy activity. Its breathing mechanics promotes physical, mental and emotional benefits. Proven to be a great stress reliever



It is also a great training tool to build character. It builds calmness in adversity as well as teamworking abilities



Scuba Diving opens a whole new world to the diver itself! Venture into the culture of different countries by forming unbreakable bonds with people from all around the world



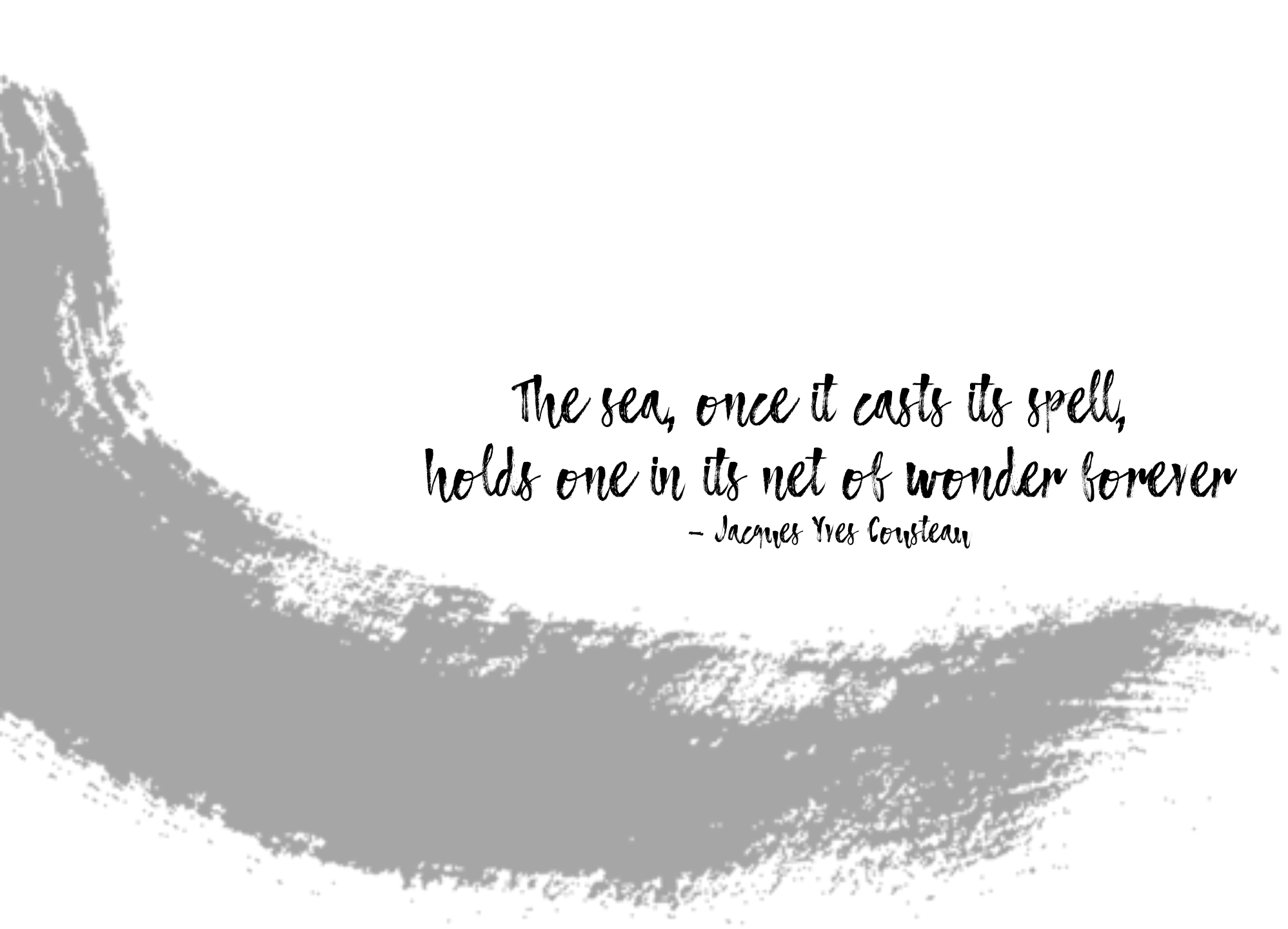
Instil a strong respect and appreciation for nature and marine life. Groom ocean warriors who would defend the integrity of the ocean

# CATALOGUE

	Duration	5 - 20 pax	21 - 40 pax	>40 pax
Training + Team Building + Discover Scuba Diving	8 hours	250	230	200
Teambuilding + Discover Scuba Diving	6 hours	200	180	150
Discover Scuba Diving Experience	2 hours	150	130	110
Employee Benefit	Discover Scuba Diving (25% off)		Open Water Diver Course (RM75 off)	
>> with food option	Additional RM20 per pax (buffet style lunch)			

\*Pricing is subject to discussion based on final requests from client

\*\* Duration stated is subject to change based on size of group



The sea, once it casts its spell,  
holds one in its net of wonder forever  
— Jacques Yves Cousteau



**COME**



**WITH US**