



**OUTWARD BOUND
HONG KONG PROFESSIONAL™**



Teamwork
團隊協作



Resilience
抗逆力



Lateral Thinking
多向性思考

Impact Report 2018
外展企業課程成效報告

Outward Bound Professional Courses Overview 2018

外展企業課程概覽



Number of
courses
課程總數

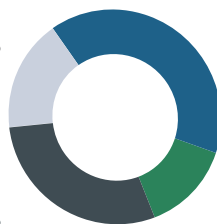


A range of bespoke courses designed to meet the changing needs of organisations
課程長度範圍，配合不同公司的業務與需求，從一天至五天不等

Number of
participants
學員人數



5-day 五天 14%



1-day 一天 40%

Number of
companies
engaged
受益公司數量



3-day 三天 29%

2-day 兩天 17%



At Outward Bound Professional we specifically focus on the following in our evaluation:

外展課程為學員帶來多項效益，以下三項用作評估課程效果：

Lateral Thinking 多向性思考



Definition 定義

The ability to find creative solutions to problems and give voice to new ideas

不斷尋求創新和解難的思維及能力

Resilience 抗逆力



Definition 定義

The capacity to persevere when things are not going your way; to cope positively with change and unexpected events

當事情不如意或在意料之外的時候，能夠樂觀地堅持下去的精神及信念

Teamwork 團隊協作



Definition 定義

Cooperative or coordinated effort on the part of a group of persons acting together in the interests of a common cause

為了共同目標而行動一致的團隊間的合作和協調

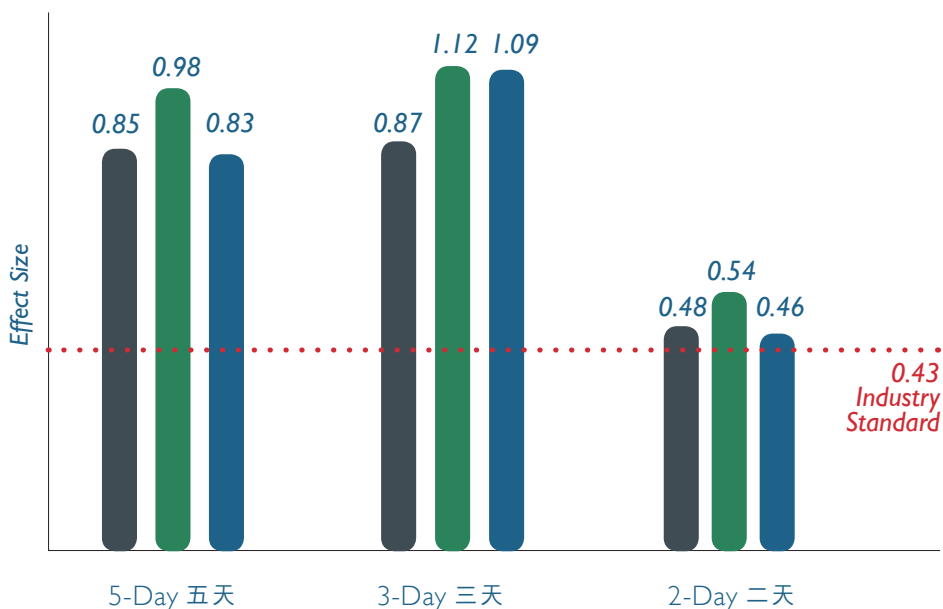
The impact of our courses is measured as “Effect Size” – a quantitative measure of ‘how far a participant has developed’.

我們課程的影響被衡量為「效應值」— 衡量「學員的發展程度」的量化指標。

Effectiveness

The combined effect size values for 5-day, 3-day and 2-day Outward Bound Professional Programmes in 2018 are as follows:

2018年為期5天、3天、2天的外展企業課程的綜合效應值如下：



Definition of Effect Size:
效應值定義：

Effect Size 效應值	d
Small 小	0.2
Medium 中	0.5
Large 大	0.8

Visit our website to learn more about the evaluation methodology:



Lateral Thinking 多向性思考 ■

Resilience 抗逆力 ■

Teamwork 團隊協作 ■

Why is the Outward Bound process so beneficial?

為何外展訓練的過程有意義？



“ To learn and not to do is really not to learn.

To know and not to do is really not to know. ” - Stephen R. Covey

The Outward Bound process is based on experiential learning, which by definition, it is personalised to the participant who in turns responds to the level of challenge in their own way. They engage with the learning, using all of their senses and emotions and contribute to the group. They learn about themselves and how they work as part of a team. All this occurs while having fun on our beautiful site which makes the experience even more powerful.

Back at work, colleagues see teams and individuals that are more connected, more efficient - and more productive!

體驗式學習，意指每位參加者透過獨特的方法，以應對不同程度的挑戰。在群體學習過程中，參加者須全情投入；藉此，不單會對自己有更深的認識，同時更會學習到團隊合作精神。而在環境優美的戶外進行體驗式學習，效果更是事半功倍。

課程過後，回到工作崗位的員工有著更緊密、更有效的工作關係，生產力自然得以提升。

Testimonial 客戶分享

Good to see colleagues out of office & their comfort zone, bonding with each other. This is very important especially for our different departments



沒有傳聞中的可怕，參加者受到尊重同時能挑戰自己



I think this is a very interesting way to begin the LEAD programme, we all know each other as real people, not just an email address. And I learned how to express thoughts, influence, help and make friends with the help of this course.



我是一個不折不扣的城市人，當知道要 5 日 4 夜在野外求生，心理上總是有一點擔心。參加了之後，捱過了，原來自己可以克服很多；將不可能的任務完成，例如：昆蟲，情況不理想的廁所…最後一天，紮木伐到跳海，我覺得自己的膽量都增大了。

謝謝 Outward Bound 給我機會停下來好好認識自己和明白其他 GT 不同的個性。我發現自己比想像中強大，這個經歷將會令我走得更前！



好開心能參與其中，於期間能與別人相處及認識，於不同活動中，能喚醒本身的勇氣去面對挑戰及作出各種新嘗試，從中可領會個人不足之處。另外我能體會到堅持的重要性，而且有很多事情只要肯踏出第一步就能見到成功的可能性。



Some of our loyal clients 忠實客戶



Contact us :

