

# Be Inspired with Be Challenged

Interactive team building events  
that turn individuals into collaborators  
and more effective team players



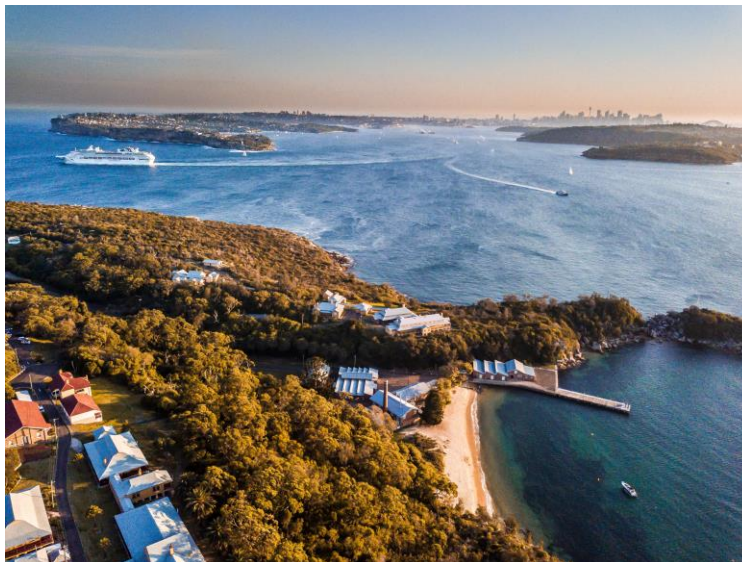
Be Challenged

Be Challenged is proud to be associated with the



Q Station offers a range of incredible experiences, from boutique hotel accommodation, stunning wedding venues, modern conference facilities and an amazing restaurant, as well as Sydney's best ghost and history tours.

Come and show your group why Q Station really is, a new place to discover and take part in one of the many team building activities the property offers. From history tours, ghost tours, water sports and bushwalks there is something for everyone to enjoy and takeaway something truly meaningful.



## About Be Challenged

Since 2008, Be Challenged has specialised in workshops and programs designed to foster team cohesion, personal growth, skills and job satisfaction. In that time, we have engaged over 468,000 participants of some 5,760 programs for 1,947+ happy customers.

So, whether you're looking to develop your team's skills, drive performance and leadership, give back to the community or simply have some fun, we have the program or workshop to suit, for groups of five to 1,000 plus people.

Popular  
Program  
Choice

FLAT OUT AFLOAT



To be effective, to be collaborative, to be more... you need to **Be Challenged.**



Be Challenged

All our programs are designed to deliver key outcomes around job satisfaction, teamwork, communication, leadership, problem solving and strategic thinking.

However, each program has a specific focus and uses different methods and delivery formats to achieve these outcomes. To help ensure we create and deliver you the perfect program, we have separated our offerings into three categories.

All we need to know is how you want your team to Be Challenged.

For more information, please contact Be Challenged or Q Station

# MOST POPULAR PROGRAMS AT Q STATION



## FUN AND TEAM BUILDING

- ✓ [Flat Out Afloat](#)
- ✓ [Survivor](#)
- ✓ [Team Opportunity](#)



## CONFERENCES AND MEETINGS

- ✓ [The Big Picture](#)
- ✓ [Beat the Box](#)
- ✓ [The Infinite Loop](#)



## LEARNING AND DEVELOPMENT

- ✓ [Peak Performance](#)
- ✓ [DiSC Workshop](#)
- ✓ [5 Behaviours of a Cohesive Team](#)



For more programs and information visit [www.bechallenged.com.au/programs](http://www.bechallenged.com.au/programs)

ENQUIRE NOW

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