



**EXCELLENCE IN ACTION**  
Sports And Special Events

# Sono Field House

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## GROUP EVENTS

Sono Field House (SFH) is Connecticut's most versatile and exciting group events environment! With more than 40,000 square feet of weather proof recreation, high caliber meeting space, indoor rock climbing and ropes courses, and hundreds of teambuilding and group activities, SFH makes party and event planning a breeze. There's always something new and different at SFH.

Your experience begins with a simple phone call to our meeting and special events department. During our initial call we will want to learn about your goals, dates, and the group(s) you are planning an event for. We will discuss pricing and options and then arrange a site tour or prepare a proposal. It's that simple. Within this packet we have included a small sampling of your options. Have something else in mind? Just call and we will gladly customize, create a theme, or work with you to develop the perfect group experience. Call 203 523 5875 or email [events@sonofieldhouse.com](mailto:events@sonofieldhouse.com) today to get started.

### Food and beverage

SFH offers a wide range of food service and catering options. Your SFH event planner will work with you to select the food service option that is most well suited to your needs and your budget.

### Pricing

Pricing for your Sono Field House event will be based on the size of your group, the dates and the options you select.

Parties

Special events

Meeting rooms

Weather proof indoor picnics on over 40,000 square foot turf field

Teambuilding activities

Indoor rock climbing

Indoor ropes course and zip lines

Corporate Olympics

Networking and social events

*Much more!*



# TEAMBUILDING AT Sono Field House

Teambuilding programs at Sono Field House strengthen relationships, open lines of communication, build trust, and provide teammates with unforgettable adventures.

Bonds are strengthened and memories made as you take on the rock climbing wall or ropes course together or as you and your teammates compete against the clock to solve a series of mentally challenging ‘survivor like’ field games. At Sono Field House teammates learn new ways to motivate one another, solve problems and to tackle any situation by working as a cooperative unit.

The team building curriculum at Sono Field House uses high impact experiences, fun, and proven approaches to strengthen teams.

## The Adventure Picnic

This unforgettable weather proof picnic experience will have your attendees laughing and working together like never before. Traditional Frisbee games, team sports, and sack races are combined with networking games like “human bingo” and adventure experiences such as the giant swing, rock climbing, and zip lines. SFH Adventure picnics include program design, activities, food and beverage, and much more.

## Go Team Go!

These programs are designed specifically for groups that want to focus on teamwork, cooperation, collaborative problem solving, and team spirit. One step beyond the Adventure Picnic, the Go Team Go! team-building experience focuses on the value of “we” thinking over “I” thinking. Ask about this curriculum as its own results oriented program or as an add-on to your Adventure Picnic.

## Mergers and Acquisitions

Merging organizational cultures or introducing new leadership into a team can be challenging. Mergers and Acquisitions by SFH begins with multiple small groups working toward individual goals. As M&A progresses, your small teams will discover incentives or be asked to combine forces in an effort to “outdo the competition”. By the end of the event, teams discover that joining forces to collaborate toward a unified objective is both challenging and the ultimate recipe for success. These programs require competition, collaboration, adaptability, and leadership skills.



# TEAMBUILDING AT Sono Field House *cont.*

## Customers! Customers! Customers!

Designed to encourage an appreciation for your most important people - your customers! These programs introduce the customer as an opportunity, not a burden. Then, through a series of fun team exercises, your associates will take on outlandish customer demands in an effort to win the “golden egg”—a prize symbolizing world-class customer service. This program can be expanded to introduce specific customer service skills.

## Custom Packages

Like what you see but have an idea that combines a variety of elements or uses another concept? The Sono Field House team will create a customized teambuilding experience to support your corporate culture or current needs. Call to discuss your needs and to share your ideas.

## SPECIAL PROGRAMS FOR TEAM EFFICIENCY

### The Clock Is Ticking

This fast paced experience uses our world-class indoor challenge course as a timed challenge. This unique teambuilding approach highlights teamwork, efficient communication, and trust. Since The Clock is Ticking only requires 2-3 hours, it is the perfect enhancement to your next meeting, special event, or picnic.

### Cause and Effect

This curriculum is perfect for teams needing to learn how one person's actions or one department's performance impact the work of others. Cause and Effect programs include multi stage construction projects like raft building, bridge building, and the blindfolded mazes where one team is dependent upon the contributions of another. Teams learn how to recognize inter-dependence and how to create communication that supports effective inter-team collaboration.



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## PROGRAMS REWARDING PROFESSIONALS

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### Celebration Ovation!

These programs give your hard working nurses, techs, and other front line personnel the chance to celebrate the great work they do. Designed specifically to reward the efforts of caregivers and other outstanding employees, SFH's celebration programs incorporate music, fun, laughter, applause and adventures on our rock wall and ropes course to create an atmosphere where everybody succeeds.

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## PROGRAMS FOR SALES ASSOCIATES

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### Mountains of Success!

This challenging experience is specially designed to enhance the way your sales associates strive for success. We'll present them with one challenge after the next in a fast paced and fun environment. Then we'll challenge them to improve their performance. The skills they'll need include problem solving, listening, setting challenging goals, managing time, and risk taking. These programs include use of our indoor ropes course, rock climbing wall and other adventure-based challenges.

### Jump Start

This program is offered in 4-hour blocks. With a focus on strengthening relationships and improving problem solving, Jump Start includes a series of fast paced ground level team challenges followed by short discussions to help participants gain new insights into teamwork and group problem solving. This program is ideal for groups that want to build relationships, establish a set of standards for a new team, or for any group interested in creating a more collaborative environment.

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## LEADERSHIP DEVELOPMENT

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### Leading Up

This is the ultimate fast paced leadership development program. We begin with an introduction to the 7 critical leadership skills. Next we progress through a series of exciting leadership challenges, dilemmas and simulations that will bring out the best leadership skills of every participant in your group. Then it is on to the high ropes course where your group creates a plan/strategy for completing the high ropes course challenge within a set amount of time. Finally, your team will have the chance to implement their plan and then we will end the day with a debriefing exercise and individual leadership action planning.