

# LISSADEL HOUSE

Lissadell House is steeped in history dating back to 1833 when it was built by Robert Gore Booth on the shores of Drumcliffe Bay. It was the birthplace and home of one of Ireland's most remarkable woman Constance Georgina Gore Booth, Countess Markievicz. Lissadell House sits in almost 500 acres of coastline and woodland and also sits majestically beneath Benbulbin Mountain.



## ARRIVAL

When travelling by air: Ireland West Airport is just a 45 minute drive away with daily flights to UK destinations. Sligo Bus and Train Station is only a 10 minute drive from the hotel with 7 trains running daily to and from Dublin. Bus Eireann also provides daily bus services to and from all parts of the country. We are also easily accessible by car. Approaching Sligo city from East, South or West follow the N4 and take the first left directly after the bridge (R291) signposted Rosses Point. The hotel is located on the right hand side 3kms ahead.

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**Radisson** BLU  
HOTEL & SPA, SLIGO

# TEAM BUILDING AND GROUP ACTIVITY PACKAGES

SLIGO, IRELAND



HOTELS DESIGNED TO SAY YES!  
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# RADISSON BLU HOTEL & SPA, SLIGO

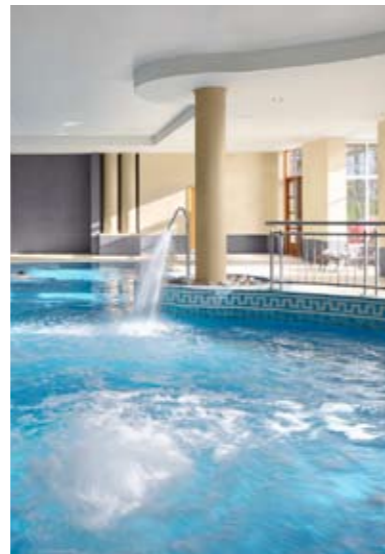
We are delighted to have teamed up with Sligo Adventure to offer a vast array of Team Building Packages which can be hosted both outside at Lissadell House, or inside in the extensive meeting facilities at the hotel. Radisson Blu Hotel & Spa, Sligo is located on the Wild Atlantic Way, just five minute's drive from the bustling Sligo city centre and a stone's throw from the villages of Strandhill and Rosses Point. The hotel is perfectly positioned for shopping, golfing, outdoor activities, sightseeing and not to forget relaxing!

The hotel has 132 stylish deluxe guest rooms including 3 Executive Suites, 7 Junior Suites, 11 spacious Business Class Rooms and 6 rooms designed for guests with disabilities. A great number of our rooms offer stunning views of Benbulbin Mountain and Sligo Bay.

The hotel boasts the largest conferencing facilities in the Northwest accommodating up to 740 delegates theatre and 480 banquet style in our magnificent Benbulbin Suite and has an additional newly refurbished Business Centre with 4 meeting rooms and 3 executive boardrooms all with panoramic views across Sligo Bay and a dedicated Meeting & Events Co-ordinator to service all your needs.

We also offer 320 complimentary car-parking spaces and free wifi throughout

With breathtaking views of Sligo Bay, the award winning Classiebawn Restaurant offers the very finest in local and international cuisine and Benwisikin Bar and Memory Harbour Lounge provides an idyllic spot to relax, meet friends and relish the panoramic views across the bay. Solas Spa offers the latest in beauty and spa therapies using the exclusive Elemis product range and includes a Thermal Suite and Relaxation Room. Our fully equipped Healthstyles Leisure Club features a fully equipped gym, 18 metre pool and children's pool, sauna, steam room and Jacuzzi giving guests the opportunity to indulge themselves however they fancy.



## THE IMPORTANCE OF TEAM BUILDING

A few reasons why team building is important in the workplace...

### **Team building facilitates better communication.**

*Fun activities encourage discussion and open communication among employees and management. Improving office relationships and in turn, a better working environment and the quality of work done.*

### **Team building activities help motivate employees**

*Team leadership and team building go hand in hand. The more naturally your employees can express their ideas and opinions, the more confident and relaxed they will become in the workplace. This will motivate them to take on new challenges.*

### **Team building activities develop problem-solving skills**

*In the workplace a crisis can happen at any time. Team building activities that encourage co-workers to work together and solve problems will improve the ability of the team to think rationally and strategically in the workplace. Teams that are encouraged to work closely together in a fun and challenging way develop a synergy that enables them to effectively take charge when a crisis occurs.*

### **Team building activities promote creativity.**

*Taking your team outside of an office setting with the objective of creating new team experiences will encourage them to think outside of their normal routine. Working together with other team members and encouraging cross department team activities, naturally breaks down barriers and ignites creativity and fresh ideas - great qualities to bring back to the work environment.*

### **Team building breaks down barriers and increases trust**

*Often in the work environment there can be a disconnect between management and employees because the employees and/or management sense a divide. Fun, team building exercises bridge the gap enabling employees to see management and management to see the employees as work colleagues, removing the divides that separate and uniting all aspects of your team, which does wonders for morale and productivity.*

## SLIGO ADVENTURE PARK

Sligo Adventure Park is located on the grounds of Lissadell House and offers corporate groups, families and friends a host of adventure activities. Whether you decide to visit for just a few hours or arrange a full day's adventure we will have plenty to keep you entertained. We have worked hard to create an environment where you can enjoy a myriad of activities listing a few

TRAIL BIKING  
ARCHERY  
COMBAT GAMES  
KAYAKING  
BUBBLE SOCCER  
SPLAT BALL  
BUMPER ZORB

STAND UP PADDLE BOARDING  
ASSAULT COURSES  
SAND BEACH  
SAILING  
PONY TREKKING  
ZIP-WIRE & HIGH ROPES

Sligo Adventure also offer a vast array of indoor Team Building activities for corporate or organisations.

For all enquiries and a full proposal call +353 71 914 0008 or email [info.sligo@radissonblu.com](mailto:info.sligo@radissonblu.com).

