

Gay Douglas, Gay Douglas & Associates



Gay has parlayed twenty years of non-profit management experience into a consulting firm specializing in project management, strategic planning, and human resource management. Gay shares her expertise as a management consultant and trainer, primarily with not-for-profit and charitable organizations.

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Sandra Summerhayes, Sandra Summerhayes & Associates



Sandra has designed and delivered customized training sessions for organizations in both the private and public sectors for the past 12 years. She has also worked with individual supervisors and managers to develop individual learning plans to strengthen their leadership abilities. She is also the host of the Leadership Expo: Niagara's premiere leadership skills conference.

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Take a pinch of

personality theory

add a dash of

TEAMBUILDING

mix in a fun

Culinary Challenge or two

...and you will have a...



A teambuilding company offering a tasty menu of training opportunities.

Your Recipe for Team Success!

Tastebudds offers a full menu of interactive workshops to satisfy your group's need, time frame and budget. They're a fun way to learn team concepts, build morale and help groups bond through food preparation. Inspiration, collaboration, creativity and trust rule the day. Fully facilitated, portable and effective, our programs are customized to your group's stage of development and learning needs.

We are a team building company, not a cooking school.

Our workshop leaders are, first and foremost, experienced trainers and facilitators. This means more than just a fun day out of the office—we are dedicated to participants learning skills they can carry back to the workplace. And, if fun is all you're looking for, we do that, too!

We make better use of your time and money because we come to you.

We fit in with a meeting agenda. We can adjust our menus to cater to specific dietary requirements or wishes of any group. We use conference facilities, board rooms, outdoors - not necessarily kitchens - so our programs can be held virtually anywhere.

Everyone can participate in a Tastebudds program.

Even if participant's cooking skills are limited to pushing a few buttons on a microwave, they will find a Tastebudds workshop both fun and educational. And, if there are any members with food allergies or physical challenges, we will accommodate.

We take care of everything.

Once you decide to use one of our programs, the only additional work you need to do is provide us with the objectives you wish to accomplish from your time with us. We take over and work with the hotel's catering and event planning staff to coordinate your event. All that's left for participants to do is to show up and be ready for a great experience...

Bon Appetit!

Menu

For Starters

Choose your Learning Objective:

Leadership	Team development	Personality Types
Creativity	Communications	Non-verbal Behaviour
Diversity	Problem Solving	Values and Culture

Now Choose From

Appetizers

These 3-hour workshops focus on lighter, easier fare with an introduction to Personality Dimensions, Team Roles and Communications Styles.

Souper Dooper	Breaking Bread	Play With Your Food
Skinny Dippers	Hot stuff	Asian Obsession

The Main Course

These full-day programs combine challenging team culinary challenges with in-depth learning, including Personality Dimensions, Team Roles and participant self-assessment.

Comfort Food	All Hands On Deck	Scavenger Hunt
Fitness Cuisine	Seasonal Splendour	Breakfast
Veggie De-Lite	Let The Games Begin!	Fasta Pasta
Mexican Fiesta	To Market, To Market	Guiltless Gourmet

Sweet Stuff

These 3-hour workshops revolve around the sweeter things in life. They can be customized to meet your group's most important learning need or just for fun!

Chocolate Armageddon	Cookie Heaven	Fruit of the Room
Decadent Cheesecake	Bite Size Bliss	Musical Chairs
Ice Cream Dream	Holy Crepes!	Pajama Mama