



LOW ROPES CHALLENGE

A valuable practice in the pursuit of continuing professional growth and even professional well-being is the revisiting of our beliefs about the choices that we are making and the goals that we have set for ourselves or for the organization for which we work.

Our challenge course program (s) is designed to achieve your company's desired goals and objectives:

- Better teamwork
- Enhanced communication
- Increased team efficiency
- Problem-solving abilities
- Increased trust and respect between team members

The challenge course consists of an aesthetically designed series of logs and ropes combined in such a way to simulate challenges that might be found in a natural setting. The experience includes a variety of sessions planned around the various obstacles in order to examine and share common reactions and insights.

All or part of the following obstacles may be included (description may vary based on the group's goals and objectives):

The Spider Web:

The object is to move the entire group through the web openings so that each person goes through a distinct opening without touching the web. If a participant is successful, that opening conceptually closes for the remaining team members.

The exercise focuses on:

- Trust
- Effective communication
- Strategy



Arizona Outback Adventures

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The Telephone Pole:

The team is divided in half, each half to face one another on the pole, and trade ends without stepping off the pole or making contact with the ground.

This exercise focuses on:

- Problem solving
- Communication
- Teamwork

The Mohawk Walk:

The group objective is to move all the participants from one end to the other via the logs.

This exercise focuses on:

- Strategy
- Communication
- Resource utilization
- Adaptation to change

The Teeter Totter:

The entire group is placed in the center of the platform and attempts to achieve a balanced position. The group will then move out in opposite direction so that all the participants end up on the last three boards at each end, keeping the platform in balance.

This exercise focuses on:

- Clear communication
- Individual influences on the group outcome
- Execution
- Balance

Islands:

The objective is to move the entire group from the first island through a series of islands, utilizing the resources provided to them at the beginning of the exercise.

This exercise focuses on:

- Trust in self and group members
- Communication
- Problem-solving and group decision making

The Flying V:

The objective is for 2 participants, each standing on a separate log, to maintain physical contact with one another, and move from the apex of the traverse to the far end without losing contact. The remaining team members will act as spotters behind and under the 2 participants.

This exercise focuses on:

- Trust in self and partner
- Communication
- Teamwork

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