

# Corporate Training

CLAS Ropes Course is a great place for teambuilding! Our safe, noncompetitive, and yet challenging environment will promote a more productive organization and individual. The goals of this process are to have fun and develop a better understanding of self and others, while gaining greater understanding of leadership skills which are crucial to an effective team.

## Before:

1. Make Reservation
2. Pay 25% non-refundable deposit
3. Share Info packet with all participants
4. A Lead Facilitator will talk with your key administrator prior to your experience to identify what your goals and desired outcomes are.



## Topics we can focus on:

- Understanding Trust
- Successful Decision Making
- Problem Solving Strategies
- Increasing Personal Productivity
- Effective Communication
- Dynamic Leadership Skills
- Conflict Resolution
- Building Teamwork
- Handling Change
- Achieving Goals
- Increased Group/Self Efficacy



## Event:

1. Waiver forms signed and turned in
2. Number of participants verified and final payment made if needed
3. Introductory discussion covering; Full Value Contract, Challenge By Choice, and safety guidelines
4. Then we move right into the Ropes Course Experience!

## Ropes Course Experience

Initiative Games: We start your adventure with initiative games.

Low Course: Low course is next in the sequence of activities. We usually spend the first half of the

time you are here on low course activities.

Reflection/Debriefing: Can be done after each activity or at the very end of the experience. Reflection/Debriefing is an important phase of experiential learning because it helps increase the educational outcomes for participants.

High Course: Your experience will culminate with high course activities.

## After:

1. You will be emailed a copy of your invoice and a follow-up survey.
2. You will take what you and your team learned today, and apply it to daily life and business.

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At CLAS Ropes course we believe in "Challenge By Choice". Each participant can choose the intensity of their challenge, we encourage everyone to go a little bit farther than what they think they can, and therefore, everyone is successful.

We recommend you come for a minimum of 4 hours and up to 8 hours. With a 4 hour reservation you can use the amphitheater free of charge, to serve a meal. If you would like to use the amphitheater for conference/training/ seminar purposes you can reserve it and we will not schedule other groups on the course to help eliminate any distractions. When you schedule a 6 to 8 hour rope course experience, you can include canoeing in the activities if you choose. We have a large "Voyager Canoe" that seats 20 adults which is great for teambuilding. (It can be included in the 6 - 8 hour ropes course experience.)

- Initiative Games These games are fun, cooperative, challenging games in which the group is confronted with a specific problem to solve. These games are usually played on the lawn area and get the group moving and warmed up and interacting with each other and our staff members. Initiative games are not designed to be competitive or to be a race against time. Initiative Games emphasize the more important objectives of leadership, problem solving, communication, self-esteem, trust, etc.
- Low Course Low ropes course elements are activities that take place close to the ground, might involve spotters to ensure the safety of individuals, and promote learning through experience in a team or group atmosphere. Debriefing usually follows after each activity to capture meaning and discuss lessons observed and practiced. Potential outcomes could include an increase in communication between members of a group or realization of how to be efficient and productive within the group.
- High Course These activities require participants to wear a harness and will be "On Belay", they will be approximately 25-30' in the air and experience personal challenges, with the team supporting and encouraging them. Some potential outcomes are: an increase in self-confidence, an increase in trust, and the realization of the need to rely on others for support.
- Reflection/Debriefing This is an opportunity to reflect on the experience and make it meaningful by identifying and sharing what we learned about ourselves and others. A thought provoking, safe discussion is led by asking meaningful questions. A mature group will often lead their own discussion with little prompting from a facilitator. Participants discover meaningful connections between the activity and their own lives, thus increasing the learning that occurs from an experiential activity.
- Challenge By Choice Challenge by Choice is simple in principle, but complex in practice and reality. The simple principle is that participants are invited to participate voluntarily in activities and challenges of a program. A participant may choose to sit out, or only do as much as they are comfortable with in an activity and this right is to be respected by others in the group and instructors.



- Full Value Contract a ropes course experience is group based and requires people to be involved in perceived physical, emotional and social risks. It is vital that a supportive group atmosphere is developed and that basic, agreed principles of engagement are shared by the group. A Full Value contract is a verbal mutual contract between the leaders and group members and the facilitators that expresses how the group will operate while moving toward its goals. The idea of a "Full Value Contract" is to have a contract that "fully values" each member of the group.