

## Ropes Course

Are you ready to test your mind, body and spirit? Ropes courses are built with low and/or high elements and are designed to test mental, physical and emotional strength. They are great for personal development and team building. In act, upon completion participants often come away feeling more confident, stronger and closer to other team members.

Pushing yourself and encouraging fellow team members to push through the ropes courses, you'll be taking both perceived and actual risks. As you complete course challenges to accomplish a common goal you'll feel a growing sense of personal accomplishment, increased self-esteem, teamwork and camaraderie.

## How do Indoor Ropes Courses help children?

Leadership skills and teamwork are the main focus for child development while they participate in the Ropes courses. Your child will participate in observing, discussing, organizing and summarizing the accomplishments of the physical, mental and emotional challenges of the ropes course. This will help your child develop and sharpen important life skills like:

- Problem-solving
- Decision making
- Responsibility
- Cooperation
- Goal setting
- Self-discovery
- And many other skills

As students work together as a team to achieve a common goal, they'll experience greater self-confidence and self esteem, as well as increased trust and social cohesion. The ropes course is great for any child, but especially for any child who needs a little boost to their personal development.

## How do Outdoor Ropes Courses help companies?

The outdoor challenge ropes course is designed to foster the development of skills of team productivity, collaboration and team cohesion. Our ropes course is a powerful experiential learning tool for any company looking to develop stronger relationships between their team members. Some benefits of taking your company through the ropes course:

- Increased productivity
- Re-energized teams
- Uncovering/Development to leadership styles
- Improved conflict resolution
- Strategy development
- Collaboration

Our program follows a sequence of fun but challenging group activities that begins with simple tasks and culminates in complex challenges. This sequencing helps foster and develop the practice of skills fundamental to team productivity and cohesiveness, such as: trust, communication, risk-taking, decision-making and conflict resolution.