


team-building PACIFIC ADVENTURE LEARNING



If your goal is to re-energize an existing team, form a new one, or define a common goal, you'll come out of our program with the tools for success.

Welcome to the PAL Ropes Course. Here is an overview of what your group can expect from our 4hr program.

Welcome, Introductions, Challenge by Choice philosophy.

For the first 90 minutes each group will work together as a team, solving fun challenges on or near the ground, these challenges start off relatively simple.

As the team progresses the next few hours will see them introduced to slightly more complex activities at height, where working together allows for more success.

The number of group challenges offered depends on each group, some groups prefer to debrief after each activity and share the 'ah-ha' moments and brain storm how this can positively effect them in real life.

Other groups prefer to go through as many activities as possible and de-brief at the end. Typically, groups will participate in 3-6 'low' activities.

None of our elements require a certain level of physical ability, rather our programs focus on encouraging teams to collaborate, challenging them to collectively problem solve and enhance communication. Our facilitators work with you to

create a program that will meet your specific needs and goals of your organization. Each group will have an opportunity to participate in two 'high' elements range anywhere from 4 feet off the ground to 50 feet. At the start of the 'high' activities the group will be reminded of the Challenge by Choice and asked that they positively support everyone's decision regarding their own level of participation, the goal is for participants to step just outside their own comfort zone. For some this is may be climbing a few feet up. The end of the session the group(s) are brought together for debriefing and relating experiences back to the real world.

For any questions please contact us at; info@palropescourse.com

Check out our website for more information and how to best prepare for your day at the Ropes Course
www.palropescourse.com



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