

## Ropes Course

*This course is a team building training when participants create a team and work in it. This training helps to acquire and consolidate the important corporate skills: listening to each other, speaking to the point, not only focusing on results, but on the long process of achieving it. Main categories reached during the Ropes Course are as follows: trust, responsibility, free choice, team decision making and personal contribution to the victory.*



### Information for a Customer:

Ropes Course was designed in the U.S. for psychological and physical rehabilitation of participants of the War in Vietnam in the 60's. It has been very popular in the European and Asian countries during the last fifteen years as an active training for the effective teams building, the winning teams. In China, for example, the firms and enterprises annually conduct the special testing of a team spirit and those who fail are simply dismissed. The most important point is that the Ropes Course is not a competition. And there are no losers in it. If someone of the team violates the rules, the team starts the exercise once again. It is not necessary to be physically strong or plastic and flexible. A victory often depends on those who can make the exercise a common goal for all team members. Value of the Ropes Course results is determined not by the number of exercises, but a number and importance of the made discoveries and learned lessons. It is hard to tell in advance when the group will start to act as a team. Therefore, in the structure of the training only major points are described.

### Results:

- Team decision-making;
- One for All and All for One;
- Trust, responsibility, free choice;
- Personal contribution to the winning;
- Only positive emotions.

Time: 4 hours.

Site: forest, park, river, hall.

Subject: depends on the Customer's requirements, aim, age and quantity of the participants, the chosen site.

### Participants:

- Teams (8-20 persons);
- Ropes Courses or business courses coaches (experts with psychological and pedagogical education).

Additional information:

- The training may be completed with a picnic, excursion or banquet;
- The prizes and souvenirs may be used as awards (on request);
- Every participant is insured.

### Structure of the event

Part 1:

- Warm-ups (the participants meet instructors and each other);
- Conditions of tasks fulfilling and tips;
- Deciding the number of a team and its color by lot.

Part 2

- Tasks fulfilling (of different compicacy);
- Final exercises performed by all the sub-groups.

Part 3:

- The final show, evaluation.