



# Rock Climbing

## Program Description

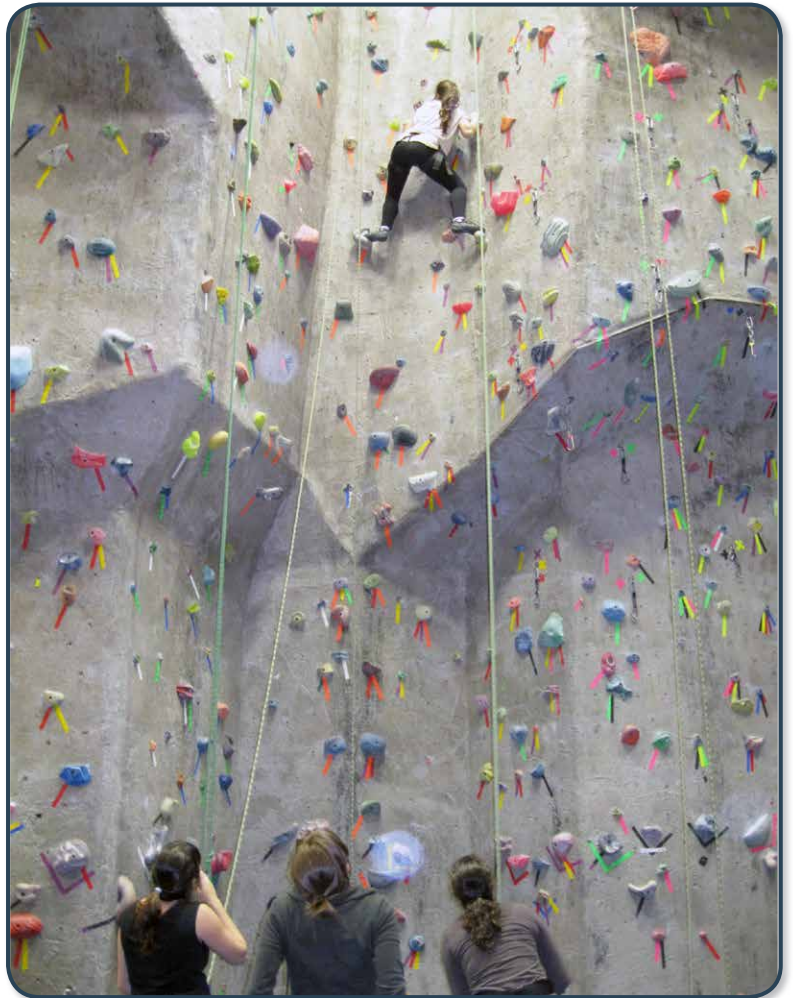
**ADVENTURE**  
ASSOCIATES  
(800)-987-5582

Mobilize your team to develop their coaching skills, goal-setting processes and creative problem-solving expertise with this intensive team challenge. Your team members will pair up, one person on belay, supporting and observing the climber, providing the type and amount of help the climber needs—the other in a harness scaling the wall. This dynamic carries over to the workplace in the form of strong mutual support and trust.

Finally, each small team tests their new skills by competing in contests on the climbing wall. With an understanding of each person's strengths and weaknesses, participants choose between tethered pair climb, blindfolded scramble or the strategy course. Our Challenge-by-Choice philosophy enables every participant to experience their own success in the context of their own aspirations.

### Benefits

- Practices the patience and persistence necessary to set and achieve realistic goals.
- Increases individual self-confidence gained from taking risks.
- Improves communication with teammates.
- Involves everyone regardless of how high individuals actually climb.



### Blend with Corporate Training

The rock climbing experience lends itself well to integration with our [Interpersonal Feedback Skills](#) workshop as immediate feedback improves the experience exponentially.

### Nuts & Bolts

- Indoor
- 3.5-4 hours
- Team size of 4; group size of up to 75
- Medium fitness suggested
- Site specific: local climbing gym



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Sample Agenda

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## Introduction and Warm-Ups

Our facilitator leads a few fun team challenges to build excitement and team spirit.

## Belay Lesson

Everyone learns the basics of how to clip in the harnesses and how to manage the ropes to ensure the safety of the climber.

## Climbing Practice

We teach techniques to ascend up the sides of the climbing wall using minimal effort. A few hints on using your powerful legs more than your arms and learning to trust the belay system enable everyone to reach new heights.

## Team Climbing Contests

Now for a bit of competition. We divide into small teams that rotate through intriguing climbing challenges such as Tethered Climb or a Hold Maze. The game is to determine who should climb, who should belay and who should support during each challenge in order to meet the specifications and accrue maximum points.

## Debrief

This program highlights collaborative teamwork, supportive coaching and clear communication. We end the program taking time to connect the experience back to the work environment.

