

CORPORATE TEAM BUILDING

Accept the Challenge



PROGRAMME DESCRIPTION:

Strong communication skills are an essential component in climbing. Communication between the climber and the belay determine the success or the failure of partners and teams in reaching the top. Our programme teaches participants the value of developing comprehension, listening and problem-solving skills as they apply to climbing and carry-over into a business environment.



PROGRAMME OUTLINE

I. Correct donning of the harness

- a. Establishing trust - importance of a partner double checking the harness as a safety measure
 - 1. How to correctly adjust the harness
 - 2. Safety issues and the importance of the harness

II. The Rope

- a. Establishing lines of communication and following-through
 - 1. Learn the correlation between the rope and lines of communication
 - 2. Participants learn the importance of follow through

III. Climbing Commands

- a. Demonstrate the importance of open lines of communication for creating individual and team building relationships
- b. How to effectively communicate thoughts and ideas
 - 1. Creating trust & confidence
 - 2. Self Reliance
 - 3. Partner Reliance
 - 4. Establishing goals
 - 5. Achieving goals

IV. Climbing

- a. How to efficiently reach the top - physically and mentally
 - 1. Conserving strength and energy for success
 - 2. Instilling self-confidence
 - 3. Promoting self-reliance
 - 4. Developing problem-solving skills for success

V. Belaying

- a. How interdependence applies to:
 - 1. Individuals
 - 2. Aids (belay device, rope, etc.)
- b. The importance of working as a team player
 - 1. The significance of the role of the belayer trusting automatic system
 - a. Cultivating relationships built on trust
 - b. The power of observation



The programme focuses attention to the individual as well as the partnership role of each participant in order to successfully achieve goals. The programme encourages individuals to take ownership in their choices and decisions. It inspires charisma, and impresses upon its participants the value of personal integrity and individual responsibility in all facets of life.

KIWI ROCK CLIMBING

**ROCK
YOUR
WORLD**

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