

The Team Building/Challenge Course Experience At High Point Farm

Our challenge course experience is designed to be a safe, challenging, rewarding and fun experience for all the participants regardless of their physical, mental or emotional abilities. The activities/elements are found in a maze of trees, poles, ropes and cables and require a group to work together to solve problems, help each other overcome perceived limits and produce a sense of exhilaration and accomplishment. While the elements are often thought of as being “physical” any person willing to participate can do so through the cooperative efforts of the group. Typically, elements last between 15 and 60 minutes in length and are followed by a short discussion or debrief.

Debriefs give participants an opportunity to stop the action and reflect on the group process skills required to accomplish the challenge.

Possible Processing Topics

Teamwork A group working together in order to achieve a common goal which could not be accomplished by an individual.

Communication Collecting and disseminating information. Includes both giving (talking) and receiving (listening) information. To be effective, communication must be understood by all involved.

Trust & Respect Developing a sense of compassion and responsibility for and among group members.

Cooperation Accepting of others’ ideas and willingness to attempt something although you may not fully agree with it.

Leadership Providing guidance to the group in order to achieve the task and maintain a positive and productive group environment.

Follower ship Committing to success and carrying out the directions of others in a manner that maintains a positive and productive group environment.

Giving/Receiving Support Providing physical, emotional and psychological assistance to others within the group. Asking for the assistance that you need and accepting what is offered to you.

Self-awareness Developing a sense of how one’s abilities can be a vital resource for helping others and the group to succeed.

Self Confidence Increasing one's willingness and ability to trust in self, others and safety systems.

Challenge A test of one's abilities or resources in a demanding and stimulating undertaking.

Mental Challenge Solving a difficult problem through resourcefulness, initiative, imagination and creativity.

A challenge course experience should provide participants with an opportunity to gain increased insight and knowledge about themselves and how to handle problems as part of a group or as an individual. This is accomplished through careful provocation by the instructor and repeated exposure to the above topics throughout the experience.