



# GROUP dynamix ROPE ADVENTURE



Experience our exciting Ropes Adventure where you will journey through low ropes and high ropes challenges designed to make your group a more unified, collaborative and supportive team!





## WHAT IS A ROPES ADVENTURE EVENT?

Welcome to our Ropes Adventure, a journey through low ropes and high ropes challenges that help members create lasting bonds and become a more unified, collaborative and supportive team. Unique in the ropes course industry, Group Dynamix operates one of the largest indoor ropes courses in the country. Group Dynamix's course is available day or night in any weather to grow your team.

The low ropes elements focus on problem solving, communication and teamwork. Members work together to overcome obstacles to reach the goals set for the team. These experiential activities create opportunities for discovering what it takes for your team to perform at a higher level and in ways that unify your members. Group Dynamix can facilitate this either as a traditional or contemporary program. The former involves spotting and lifting of team members while the latter does not.

The upper ropes elements focus on group encouragement, individual perseverance and overcoming perceived risk. Members gain confidence by stepping out of their comfort zones and testing themselves mentally, physically and emotionally by navigating through a large obstacle course in the air. Group Dynamix's state-of-the-art course permits multiple participants in the course which produces an exhilarating team experience. For those that choose to stay on the ground, they lend direct support to those above. These challenges improve self-confidence, trust and support.

## ALL OF OUR EVENTS ARE BASED ON –

**100% Participation 100% of the Time for 100% Fun –**  
All members are engaged all the time.

**All Play** – Participants might have different energy levels or capability to play a game, and that's okay. Because games have different roles, there's always a place for everyone to contribute to the team effort.

**Team Play** – All activities reward teamwork, not individual performance. Exceptional teamwork results in exceptional outcomes.

### BENEFITS:

- Energizes participants and builds camaraderie
- Enhances collaboration and problem solving
- Builds relationships, respect, and trust

### LOGISTICS:

- Indoors or outdoors
- At our facility or the facility of your choice
- From 2 to 4 hours
- Group size from 10 to 500
- Low to medium physical activities

### SAMPLE AGENDA:

- Welcome, introductions, and overview
- Icebreakers
- Team initiatives, low ropes and high ropes activities
- Close – sharing the experience, reflections on teamwork

