

# “Low Ropes” - Experiential Activities

**Purpose:** To enhance both individual and team performance through facilitated experiences using group problem solving techniques – a fun way to tackle serious issues in life.

**Objectives:** (Away from a team’s normal environment)

1. To have fun
2. To stretch oneself and increase self confidence
3. To strengthen teamwork

**Premise:**

- Teamwork is required in any situation in which more than one person is needed to accomplish a task
- Is essential for any team that participates in deciding the division implementation of labour
- Even in groups where specific responsibilities are predefined, success is often determined by levels of cooperation and interdependence among co-workers

**Process of “experiential” learning:**

...Experience it – value of doing

...Reflect on it – issues that arise usually are similar to workplace

...Extract learning – what can an individual/team apply in actual workplace

**Sequence of Events:**

**Note:** Experiential activities can be used on an individual basis as part of any training event or compiled and used as basis for total team building session

1. Ice breakers/warm ups – to relax and build trust
2. Group problem solving activities – to foster development of collective decision making and problem solving skills
3. Low ropes activities: To facilitate planning and commitment among team members

