

Synergy Learning Systems

Synergy Challenge Course™ Overview

"What activity will best meld my team and inspire and motivate them for the challenges ahead?"

Our answer: the Challenge Ropes Course™, situated in an exceptionally beautiful setting in the redwoods at the Chaminade Conference Center in Santa Cruz, California. The Challenge Course functions as an outdoor learning lab in which individuals and teams learn and grow by reframing challenges into opportunities.

How Challenge Course™ Works

Our ropes course is designed to powerfully reflect the challenges groups face in working together: strategy, coaching, teamwork, goal setting, implementation and time pressures. Utilizing a real-life environment, a "fantastic jungle gym" in the trees, creates a remarkable natural metaphor for flexibility, adaptability and growth.

Participants explore new ways of responding to organizational challenges through activities and well-facilitated discussions. Seemingly unachievable tasks are accomplished and celebrated through team support, coaching, and focusing on desired goals.

Participation in the Challenge Course™ does not require special physical conditioning. Individuals freely decide how they can best participate, given their own desires and capabilities. The course consists of both low, ground-based events and high events that involve climbing while held securely via rope systems monitored by team members.

The experience is both physically and mentally inspiring. We often hear the words "teamwork," "camaraderie," "invigorating," and "unforgettable" when participants talk about their Challenge Course experiences.

We work with you to design your day based on your team objectives, incorporating activities such as Spider Web, Balance Pole, and Giant's Ladder to move your team through the stages of active learning.

The Giant's Ladder is an awesome 8' wide, 70' high ladder suspended between two redwood trees, with rungs between 3 and 7 feet apart. The Ladder enables

groups to practice planning, goal setting, and effective communication. Participants hold safety lines for the two or three climbers ascending the ladder at a time. Climbers achieve greater results by supporting each other and receiving coaching from teammates on the ground.

The Balancing Act is a plank extending out from a redwood tree 35' off the ground. Participants set goals for themselves and accomplish much more than they dreamed, owing to support and coaching from their team on the ground. Many people are pleasantly surprised when they find themselves walking to the end of the plank and jumping for a tether ball that is suspended a few feet away.

The Spider Web is a low activity in which teams are broken into smaller groups with the objective of passing people through holes in what looks like a giant spider's web created by ropes and webbing. The more collaborative the small groups are, the more success they achieve—with obvious organizational parallels.

The Wild Woozy is a low activity in which people work with partners to see how far they can traverse on shaky, diverging cables, using only each other for balance.

Although the cables are only a foot off the ground, it feels risky and team support is essential.

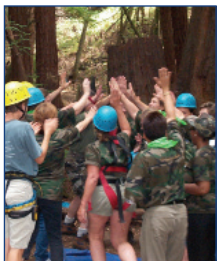
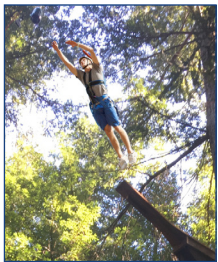
Learning Outcomes

- Build trust and strengthen commitment in new teams
- Explore the dynamics of risk taking and support
- Practice coaching, goal setting and decision-making skills
- Reframe challenges as opportunities for individual and team growth

Clients Say

"Recently participated in the Synergy Challenge Course and to be honest, was initially against our organization engaging in this activity because it felt irrelevant. My experience couldn't have been more different - it brought our team together in ways that I couldn't imagine. It was a day well spent in advancing our team's ability to work together to achieve difficult business objectives."

—J. Petersen, Director,
Major Software Company



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