



# ROPES COURSE

*teambuilding days*



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SAN FRANCISCO



## TAKE YOUR TEAM TO NEW HEIGHTS

The ropes course enhances teamwork through hands-on learning. As your team faces challenges on the low and high elements, they discover the importance of cooperation and effective communication. Each obstacle presents an opportunity to problem solve, reveal strengths, and support one another's weaknesses. Overcoming difficult tasks together strengthens their bond and deepens trust among members.

Led by skilled Outward Bound Instructors, this environment provides a supportive space to advance personal growth. The ropes course team building experience brings participants closer, creating a strong, cohesive group who will carry these lessons back to the workplace long after the course is completed.

### POTENTIAL OUTCOMES

- Improved communication skills and systems
- Real world skills for problem solving and conflict resolution
- Strengthened sense of confidence gained by persevering through challenges
- Renewed level of trust in personal and group abilities
- Tools to inspire collaboration, achievement of group goals

### PRICE LIST

4 - 6 Hours

# OF PARTICIPANTS

<b>6 - 20</b>	<b>21 - 32</b>
\$5,300	\$6,300

### SAMPLE ITINERARY\*

- 9:00 // Welcome, team-building challenges and initiatives
- 11:00 // Knot and belay school
- 12:00 // Lunch
- 12:30 - 2:00 // High Elements like crossing the horizontal log suspended 35 feet and taking the leap of faith
- 2:30 // Unpack lessons and make connections to daily life

\* Specific challenges are designed for each group, based on goals unique to the organization. Itinerary is subject to change based on needs of the participants and will typically progress from easier into more difficult tasks during the program.

*Ready to book?*

Call **Dillon Estrada** at **(415) 316-0564** | Email [destrada@obca.org](mailto:destrada@obca.org)

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**OUTWARD BOUND**  
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