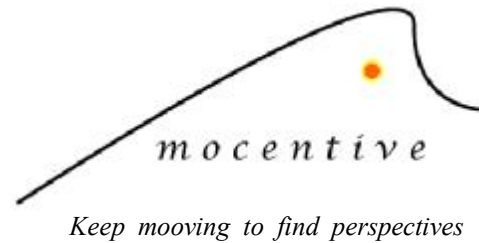


To manage outdoor challenges can help you to gain new insights about yourself. You can define your **strengths and personal thresholds**. In an atmosphere that lets you experiment you will learn to overcome obstacles, if you consider them to be worthwhile overcoming.

Professionally designed adventures can - in a welcoming way - show teams how they interact, what kind of hidden potential they carry with them, and how to respect, accept, and embrace individual differences. True communication happens in an environment of mutual understanding and respect.

Expanding limits means to leave your personal "**comfort zone**" to broaden your horizon. You can discover and test new personal and working environments. You will feel inspired to determine for yourself how you want to make use of these outdoor experiences in your personal or professional life.

Outdoor



Coaching Training Outdoor Seminare



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Outdoor

*Tell me and I will forget,
Show me and I will remember,
Involve me and I will understand.*
(Confucius)



Which kind of outdoor experience will offer the best chances for your development solely depends on you and your objectives:

- 🕒 **Canoeing**
- 🕒 **Ropes course**
- 🕒 **Climbing**
- 🕒 **Hiking and „via ferratas“**

You do not have to be in top shape to participate in these activities.

Hiking and „via ferratas“

Hiking on man-made trails or climbing mountains with the use of fixed ropes and iron ladders confront small or big teams with the challenges of mastering tasks together and being dependent on one another.

Weaknesses have to be accepted and individual strengths of each team member are being used to benefit the whole group.

We are sure you will have a bonding experience you will remember for a long time.

Climbing

During an indoor or outdoor climbing workshop you will plan and execute small and big steps to climb higher.

You can experience how you plan your success and get rewarded. If you set your goals too high or if you find the way to achieve them not worth the effort, the metaphor "letting go" will become apparent.

Trust and responsibility are the basic elements carefully and consciously used in this exercise

Ropes course

The ropes course is known as the "outdoor learning laboratory". Perfectly welcome are heterogeneous groups whose goal is to experience a strong program in a short period of time. Our ropes course programs are tailored specifically for each client and include the complete "abc" of interpersonal relationships. The experiential learning method "Adventure Based Councelling" - once introduced by "Project Adventure" - ensures that you will experience a comprehensive program involving **a**ffection, **b**ody, and **c**ognition.

During a ropes course program we can at all times stop the actions in order to reflect upon newly created situations and if necessary to redefine the goals from a meta position. The team decides whether to carry on with new ideas and a different mind set. Towards the end of each workshop, we aid you in transferring the newly gained experiences into your daily life. As an example, the following question could be asked: "Why would the group wait on a result if they could improve their situation much faster by adjusting their way to reach the goal?"

In addition to our outdoor ropes course facility you can make use of indoor conference rooms. Accommodation is possible al well.

Canoeing

You will quickly find out who is at the helm.

This outdoor medium is all about agreements, quick decisions and dedicating oneself to them.

