



## TRUST CAUSES PEOPLE TO REACH OUT AND TAKE HOLD

The Challenge Course at Northwest Nazarene University is an innovative approach to experiential education. Based on the premise of "learning by doing", participants are given the opportunity through trust and team-building activities to experience "wholistic change," and then transfer this into real-life applications at home, workplace, school, church and community.

This is accomplished through games, initiatives, the low- and high-ropes elements as they serve as developmental tools of creative and fun-filled interchange between team members. Other outcomes include:

### FOR INDIVIDUALS

- Positive Self-Concept
- Creative Thinking
- Personal Vision
- Compassion
- Self-Awareness
- Spiritual Formation and Growth (for faith-based experiences)

### FOR GROUPS

- Team-Building
- Communication Skills
- Leadership Skill Building
- Problem-Solving
- Trust-Building
- Conflict Resolution
- Cooperation
- Group Vision

### THE CHALLENGE

"Challenge by Choice," the motto of NNU's Challenge Course programming, means participants need to feel a sense of ownership in their experience by choosing not only to participate in each course activity, but by trusting their team to aid in their success.

### THE COURSE

The course itself consists of two element domains - the low and high ropes.

### THE LOW

The low elements provide opportunities for trust-building as the "ground rules" are set for the overall experience.

### THE HIGH

The high elements, like the low elements, consist of ropes and cables, but are strategically placed on a 50-foot pole structure, called "The Tower."

The Tower houses several high elements, including a rope swing, rappelling wall, and a tire climb.

### NNU CHALLENGE

All NNU Challenge Course adventures are led by highly-trained and dedicated facilitators who not only know how to navigate participants through the course itself, but also how to help navigate them through life's everyday challenges.

### INFORMATION

For more information on how to schedule an NNU Challenge Course experience, please contact:

#### Rob King

Ropes Challenge Course Manager

**Phone:** 467-8824

**Cell:** 989-5659

**E-mail:** rgking@nnu.edu








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Northwest Nazarene  
UNIVERSITY  
Great minds • Great hearts • Great futures  
623 Hollyster • Nampa, ID 83686  
208-467-8011

  
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