

Full Value Contract

Full Value Contract asks the group to understand and/or create safe and respectful behavioural norms under which it will operate, commit to these norms by everyone in the group, and accept a shared responsibility for the maintenance of these group norms.

Five principles that contribute to the FVC are...

- 1. Be here**
- 2. Be safe**
- 3. Set goals**
- 4. Let go and move on**
- 5. Be honest**

1 vs 1 Trust Falls...

Debriefing Questions

Purpose: To increase the perception of trust using physical support as well as verbal.

Procedure: In pairs, one participant stands behind the other. The person in front 'falls' back into the arms of the 'catcher' (spotter). The person behind uses the spotting stance to support the person as they fall. Before falling, communication must be clear between all involved. As participants become more comfortable with the activity and develop trust with their partner, they can increase their challenge by stepping further away from their partner. Individuals use the 'Challenge with Choice' ethos to increase the level to which they are comfortable with. Each person gets an opportunity to be a 'catcher' and 'faller'.




Safety: Spotting and Falling technique and correct communication when falling should be taught, practiced, and used.

<http://www.wilderdom.com/games/descriptions/TrustLean.html>

Running the Gauntlet...



 Trust Wave team building game