

Full Value Contract

The Full Value Contract has a universal application that comes from a combination of simplicity, levels of interpretation, and the need for every group to establish some kind of protocol for how members deal with each other.

There are three commitments that are usually made in terms of the contract:

1. The agreement to work together as a group and to work toward individual and group goals.
2. The agreement to adhere to certain safety and group behavior guidelines.
3. The agreement to give and receive feedback, both positive and negative, and to work toward changing behavior when it is appropriate.
4. The agreement is to not devalue or discount others, or oneself.

Once this agreement is made, the leader has a more potent voice when it comes to stopping an activity, and in conducting the Debrief (the evaluating time of the adventure activity). "Did we honor the Full Value Contract?" "Was there any Devaluing going on?"

Challenge by Choice-- offers a participant:

1. The chance to try a potentially difficult and/or frightening challenge in an atmosphere of support and caring.
2. The opportunity to "back off" when performance pressures or self-doubt become too strong, knowing that an opportunity for a future attempt will always be available.
3. The chance to try difficult tasks, recognizing that the attempt is more significant than performance results.
4. Respect for individual ideas and choices