

Climb the Walls with Jessica Clow

by [Jacqueline Burt](#) 20 hours ago



Jessica Clow instructs her students on how to climb the ropes.

Photo credit: *Thomas Cain*

“Everybody here signed a waiver, right?” Jessica Clow asks.

The cluster of novice rope-climbers laughs. (Nervous laughter, perhaps, but laughter nonetheless.) Jessica's laid-back sense of humor makes her the perfect Adventure Area Director at SoNo Field House, a gig that includes leading corporate team-building exercises in which not necessarily athletic co-workers must survive a dizzyingly-high ropes course.

“My job is to help facilitate truly powerful moments for people, help them draw meaning from these moments, and then develop strategies for the future,” she says.

The idea is that having these adrenaline-pumping experiences with your office mates breaks the ice and strengthens bonds. But there's room for personal transformation, too--finding inspiration to take on other challenges in your life.

“One of my favorite moments was watching a woman in one of our very first corporate groups...who immediately informed me that she did not wish to participate in the high ropes course. I asked that she keep an open mind about it. Later, I asked her if she would consider

putting on the harness and safety equipment. She agreed. Once I got her onto the starting platform, I asked her if she would be willing to at least climb to the first platform, suspended in the air. She agreed.”

It took the woman 20 minutes to climb about eight feet, but she completed the course, her co-workers cheering from below.

“When she finally zip-lined off the course and got back to the ground level she pulled me aside to thank me,” Jessica says.

“Then she told me that she was privately battling a very serious illness and that she realized that if she could push through the obstacles she encountered on the ropes course, she could push through the obstacles of her illness. My job is never boring!”

Amazing what a little adrenaline can do.

For info on how to schedule an event, email Jessica at jclow@sonofieldhouse.com or call (203) 604-9030.