



OUTDOOR CHALLENGE TRAINING™ (A 2-day Outdoor Learning program)

SYNOPSIS

The Outdoor Challenge Training Course, using the outdoors as the 'classroom', provides participants the opportunity to re-discover their own potential as leaders. **In the normal course of work, many people get into set patterns of relating and leading which are not always the most effective for them and others. Usually there is neither the time nor the opportunity to re-examine your style and discover ways to change to enhance your own effectiveness as a leader or team member**

SCOPE

The program is targeted at anyone who either leads or is part of a team at any level. The issues that emerge for the individual have to do with both leading and helping others to lead and so participants in a variety of roles, find the course very relevant and rewarding. . The program is essentially an educational experience but the fact that participants also have a great deal of fun learning and tend to form close bonds, makes the program a very effective way to integrate new teams.

METHODOLOGY

The Outdoor Challenge Training program is based on the Outdoor Challenge Education methodology. Through carefully graded low and high ropes exercises, challenging field experiences, team based exercises in the outdoors, and Process Facilitation, participants are able to link learning about their Leadership Styles to home and work related issues and discover more effective ways of relating and leading.

TYPE OF INTERACTION

The outdoors, as a platform of learning enables participants to break out of the mental boundaries that traditional work and learning spaces impose. The course is fast paced but with adequate time for personal reflection and a great way of bonding with course mates. The time is spent between physical activity and classroom teaching and facilitated group discussions.

SAMPLE MODULES

- Awareness of own Leadership Style, and its impact on Team Members.
- Awareness of issues Team Membership and Team Roles.
- Inclusion, Control and Affiliation and their impact on Team Performance.
- Collaboration versus Competition and the impact on Team Effectiveness.
- Opportunity for Reflection and Cognitive mapping for future course of action.