



STOWE CHALLENGE COURSE

HEIGHTS

Adult Portable Workshops

BUILDING STRONGER TEAMS

Whether you have a new team, a merging team, or a seasoned team, Stowe Heights can help design a team-building workshop to meet your needs. Need time out of the office to play and bond? We can help. Looking for an opportunity to bring new team members on board or merge teams through fun and active get-to-know-you activities that also bring forward your teams' talents and resources? Stowe Heights is a resource. Does your team have a professional development goal that could be addressed through an interactive workshop?

FACILITATION SKILLS 1.0: ★

INTRO TO FACILITATION FOR YOUTH WORKERS

This workshop is designed for beginning facilitators who would like to learn the basics of program design for effective experiential learning and participant engagement. This workshop will cover the characteristics of a great facilitator, the experiential learning cycle, stages of group development and value of reflection.

INTERACTIVE CONFERENCE WORKSHOP

Experiential games are a fun way to connect and learn something new. Through games, we can build self-awareness, develop relationship skills, and practice responsible decision-making, all of which are key skills to becoming a positive peer leader who helps BUILD comfort zones for increased student well-being and belonging. Through this workshop, we are turning the phrase "get outside your comfort zone" on its head. Teens will learn basic experiential games and basic best practices that they can take and use with their school or group to build connections for a stronger community.

FACILITATION SKILLS 2.0: ★

INTRO TO FACILITATION FOR YOUTH WORKERS

This workshop is designed for the facilitator who would like to develop their soft skills. Participants should have a basic understanding of "Facilitator Skills 1.0" allowing them to focus on self-reflection, strategies for inclusion, belonging, and assessing individual and group needs for success.

TEAM BUILDING ON A BUDGET

We are all being asked to do more with less. Stowe Heights has the workshop for doing just that. Learn low prop to no prop games and initiatives that you can take back to your team. Having a range of no prop activities in your back pocket helps build a team's adaptability and creativity. Attendees will be provided the chance to experience the activity as a participant helping enhance delivery as a facilitator. Attendees are encouraged to bring an activity that they would like to share and process with the group.

FACILITATION SKILLS 3.0: ★

FACILITATION FOR THE YOUTH WORKER – INTRO TO EMOTIONAL SUPPORT SKILL SETS

This workshop is for everyone who wants to be a mindful and supportive facilitator, helping participants set healthy boundaries while doing hard things. Stowe Heights, like other courses, is called a challenge course not a success course. It is by design that individuals and groups will be asked to do hard tasks. These tasks can be physically and mentally challenging, both of which can lead to a challenging emotional experience. This isn't unique to challenge course programming. Emotional experiences can be present in any activity that asks you to do something hard whether it be in sport, music, or the classroom - wherever you are learning a new skill and testing your capacity. Knowing this, it is important to build skills and awareness around facilitating emotional responses to events. This workshop will discuss prevention and response techniques for a facilitator.

CUSTOMIZED WORKSHOP

We can utilize our knowledge of experiential programs to design a training specific to your needs. Pricing depends upon several factors including, but not limited to duration, setting, location, and number of trainers needed.

★ Can be combined for a series of programming