



STOWE CHALLENGE COURSE

HEIGHTS

Youth Portable Workshops

TEAM BUILDING

Whether you have a new team or a team that has been together for a while, Stowe Heights can help design an experience filled with fun and active get-to-know-you activities that bring forward your teams' talents and resources. Your team will have opportunities to get to know team members, share thoughts and expectations, problem-solve and accomplish tasks that can be applied back to personal and group goals.

INTERACTIVE CONFERENCE WORKSHOP

Let Stowe Heights design a workshop for your conference or event. Our facilitators can design an interactive experience that adds excitement and invites participation. An interactive workshop can create opportunities for impactful reflection leading to rich discussions. Stowe Heights staff will walk through a needs assessment with your team to help design and align the workshop for desired goals.

LEADERS BUILD COMFORT ZONES

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.

PEER MENTOR FACILITATION SKILLS I.O:

INTRODUCTION TO FACILITATION

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 experiential learning cycle, stages of group development, basics around facilitating through conflict, and the importance of reflection.

AREAS OF TEAM DEVELOPMENT & SOCIAL EMOTIONAL LEARNING

These themes can be tailored to the needs or situations of your group. They can be stand-alone 1-hour workshops or provided as a series:

- BUILDING CONNECTION AND MEANING
- DIVERSITY & INCLUSION
- MOTIVATION - EXTERNAL TO INTERNAL
- CREATING CHANGE - FINDING YOUR VOICE
- BUILDING CARING - A (HEALTHY) RISK BEHAVIOR
- USING REFLECTION FOR COMMUNICATION DEVELOPMENT
- REFRAMING CONFLICT
- DISCOVER YOUR STRENGTHS - and celebrate
- CHOICE & AREAS OF CONTROL

FOCUSED CONVERSATIONS

Are you or your organization looking for youth feedback? Let us facilitate your next focused conversation and help get the input you are looking for. Our Staff are experienced in managing collaborative processes that provide a hands-on, engaging environment that can be utilized not only for feedback sessions but also for strategic planning, work groups, needs assessments, and event planning.

THE VALUE OF PLAY

Looking for a program that is light and fun and recognizes the value of playing together? Stowe Heights can be a resource. This workshop is for groups of people who are primarily looking for fun ways to build connections through play rather than a specific skill development workshop. This is a great way to celebrate at the end of a year or celebrate accomplishments with your team.