

# Experiential Group Work and Diversity

4- Day Workshop Offered through

## Pine Lake Challenge Course (PLCC)/Bristol Youth Services



Group Work is both a science and an art. Experiential Group Work incorporates techniques that serve as a powerful catalyst for personal and professional growth. Experiential Group Work can take place in a variety of settings such as, community and recreation centers, schools, clinics, corporate conferences, retreat centers and challenge courses.



This workshop is designed for individuals who are interested in expanding their group work skills by employing Experiential Learning in various settings. Attention will be given to creating a safe environment to have conversations appreciating individual's diverse perspectives and support of one another's growth. Expert

trainers will guide participants through their own intensive 4-day group experience in a safe setting to gain first-hand knowledge of the group process including debriefing their experience and making connections to their everyday life.

The workshop will be hosted at Pine Lake Challenge Course during the day and will provide participants with an introductory skill level to facilitate groups on a challenge course. Evening sessions will be held at the Bristol Youth & Family Conference Center located at 51 High Street, Bristol.

**Who should attend?** Youth Workers, Prevention Specialists, Counselors, Social Workers, Therapists, Educators/Teachers, Advisory Leaders, Extended Day Treatment Staff, Recreational and Scout Leaders, Coaches, adults seeking a new career working with groups or Challenge Course Facilitators who want some "D" for diversity in their tool bag to help facilitate growth.

**INTENDED OUTCOMES:** At the conclusion of this workshop, participants will have:

- Knowledge of adventure-based/experiential philosophies of **Challenge by Choice, Working Agreements** and the **Experiential Learning Cycle**.
- Experience using activities and techniques to enhance learning and growth using goal setting, sequencing of activities, reflection and debriefing. Add to your "tool bag" a repertoire of metaphors to frame activities and critical questions for debriefing.
- Practice using assertive communication skills, asking curious questions and listening to hear diverse personal perspectives.
- Practice using basic technical skills on a challenge course, including set up and take down of challenge course elements, safety assessment, and belay skills necessary to run:

- ✚ Ice breakers, Games and Problem Solving Initiatives.
- ✚ Low Elements (18" or less from the ground), Spotting, Communication.
- ✚ High elements (participant's choice of how high off the ground to venture using safety gear) Tying Knots, Proper use of Gear, Belaying, Coaching.



### Workshop Schedule:

Friday	Nov. 4, 2016	8:30 a.m.-6:00 p.m.
Saturday	Nov. 5, 2016	8:30 a.m.-8:00 p.m.
Sunday	Nov. 6, 2016	8:30 a.m.-8:00 p.m.
Monday	Nov. 7, 2016	8:30 a.m.-5:00 p.m.

### Cost: \$495

Payment may be made in installments; full amount due prior to workshop. Inquire about a scholarship. Participants are responsible for their lunch and snacks. Dinner will be provided prior to the evening sessions

*We reserve the right to cancel the workshop due to under enrollment.*

**Trainers: Bart Crawford, Crawford Collaborative Consulting, LLC  
William "Sully" Sullivan, Northeast Adventure**

Please complete the registration form and return to:

Bristol Youth Services, 51 High Street, Bristol, CT 06010 ~ Fax to: 860-314-4689 – OR - e-mail to: [challenge@ci.bristol.ct.us](mailto:challenge@ci.bristol.ct.us)

# Pine Lake Challenge Course and Adventure Programming



## About the trainers ...

**William “Sully” Sullivan has over 30 years’ experience as a wilderness guide, senior lead challenge course facilitator, and director of adventure programs. Sully is highly regarded in the field for his skills in the technical aspects of challenge course work, mountaineering and facilitation of group processes. Sully is a certified trainer with the Association of Challenge Course Technology and provides provide basic and advanced skills challenge course training through Northeast Adventure, LLC.**



Bart Crawford brings 35 years of diverse experience in human relations capacities including individual and group development, creating and implementing training and programs for adult learners and organizational consulting. Bart is the CEO and Founder of Crawford Collaborative Consulting. Formerly the Director of Training and Organizational Development for the National Indian Youth Leadership Project. At NIYLP, Bart was responsible for developing and implementing both internal and external group development and train the trainer workshops for Native Americans and various cultures and populations throughout the US, Canada and abroad. Previously as the Senior Trainer and Consultant with Project Adventure, Inc., Bart worked with thousands of educators, counselors, executives and consultants both in the US and internationally.

