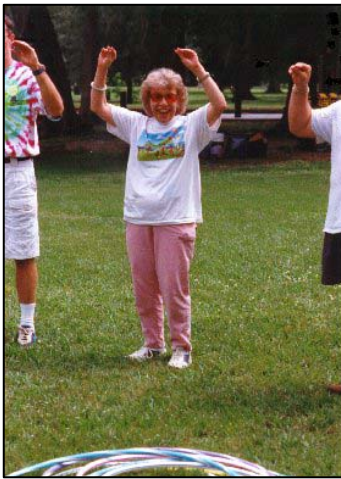


## 2011 Experiential Expertise Train-the-Trainer (T3)

### Overview

First Steps has developed a reputation as being a leader in activity-based training. Attend this five-day training program and learn everything you will need to facilitate individual growth and group process improvement using experiential activities.

This workshop is a unique blend of theory and practice, with emphasis on your experience. While you learn the theory involved, facilitation skills, how to manage the risk, etc., you'll also be experiencing the interpersonal dynamics, living the concepts of diversity, trust, risk-taking, vulnerability, and cooperation. Your level of investment and involvement will significantly impact the intensity and quality of your workshop.



### Days 1 and 2: Openers, Initiatives, and Low Elements

The first two days will give you the skills to lead openers, energizers and initiatives with confidence. You will experience a variety of activities for both large and small groups.

Learn what to do "behind the scenes" to make each activity appear effortless and professional. Bring your own training situations and learn how to apply experiential activities to your industry and audience.

#### *Days 1 and 2 curriculum includes*

- Goal setting and self assessment
- Adventure basics, philosophy and theory including Challenge by Choice, Full Value Contract, Experiential Learning Cycle
- A wide range of activities, appropriate for a variety of audiences
- Facilitating initiatives indoors and outdoors
- Practice in leading low element activities



**Days 1-2 Dates:** May 25-26, 2011

*Question: Who's Leading the Workshop?*

*Answer:* Although other instructors may support the learning, the workshop will be led by Rob Benson. Known for his experience in both traditional and experiential training settings, good humor, and passion for creating a rich learning environment, Rob is uniquely qualified to facilitate *your* learning on the challenge course.

**To Get More Info or Reserve Your Space Now**

Online: <http://www.FirstStepsTraining.com/training/t3/eet3.html>

By Phone: (800) 211-0871

## **Days 3 – 5: Trust, High Ropes and Alpine Tower**

Learn and practice the facilitator skills needed to lead effective trust building and limit-stretching activities on the High Ropes Course. Equip yourself with tools and techniques to make a difference in the lives of participants and manage the risk of the more technical experiential activities.



*Days 3 and 4 curriculum includes:*

- Experiencing the High Elements and Alpine Tower
- Practice in Leading trust building activities with feedback from the instructor and other participants
- The technical skills, including Knot tying, Harness and tie-in procedures, Course set-up and take-down procedures, and Leading edge climbing instruction
- How to debrief the participant's experiences on a Ropes Course.

**Days 3-4 Dates:** May 27 – 29, 2011

### **FAQs**

*What do I walk away with?*

- **Signed Documentation** from First Steps verifying skills taught and learned, providing satisfactory completion of a written and practical assessment covering all the information, and
- An **extensive manual** including a directory of the activities with instructions and materials needed.

*Where will I stay?*

- At the Henry S Jacobs Camp<sup>1</sup> for a nominal fee

*What if I only want to attend Days 1 and 2 OR Days 3 –5. Can I do that?*

- No problem, sign up online and pick the segment that makes sense for you.

*What if I'd rather attend Days 1-3? I don't see that option ...*

- No problem. Give us a call, and we'll work out your arrangement over the phone.



<sup>1</sup> Depending upon availability. If Camp lodging is unavailable, there are several nearby hotels which we can direct you to. Please call if you have questions.

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