

INTERNATIONAL TRAINING

Essential skills: blending soft and hard skills in experiential learning outdoors (3rd Edition)

FRENCH ALPS

29th August to 6th September 2020

Are you thinking of developing your own practice using outdoor learning?

How can you deliver meaningful experiences for promoting learning, wellbeing and good mental health?

We know that seamlessly connecting soft and hard skills is essential for practitioners who want to give maximum value both to their own work, and to their students' experiences.

We are two independent, international practitioners combining nearly 70 years of authentic hard won experience in outdoor adventure learning. Join us to learn how to facilitate and debrief quality learning experiences by focusing on the essential connections between 'soft' and 'hard' skills.

Training Trainers

Based on the train-the-trainer principle this course is designed for outdoor instructors and other professionals, such as teachers, youth workers, social workers, etc, working outdoors to promote personal and group development, good mental health and wellbeing. The content of this course is therapy-light although it will give you some essential tools for useful, helpful conversations.

Role Modelling

Learning by doing is probably the best way to acquire new skills and knowledge, especially for outdoor-people and this course is highly experiential and reflective. We use short seminars and active scenarios to deliver the course content. Our venue is certainly inspiring and well suited for our course. Occasionally course content can be challenging and to support you there will be opportunities for counselling or supervision from the tutors as appropriate.

Your Learning Journey

You will explore how powerful outdoor experiences can bring about personal change, and how to capture learning through careful debriefing.

Pre-course reading will bring you up to speed with useful theoretical aspects of the training, then during 9 days of experiential learning you will put ideas into action and:

- Acquire and hone skills in delivering effective outdoor learning.
- Become acquainted with the educational and development opportunities that outdoor learning brings.



- Learn how to add significant value to your work through better understanding of your own, and your students' personal, emotional, social and intellectual (soft) skills.
- Learn how to ask useful questions when debriefing your students to best capture their personal learning and development.

What's in the course?

There are four interconnected practical modules:

Technical Skills

- Trip planning, navigation skills, selecting the right equipment.
- First aid protocols, legal issues. Crisis response, risk management.
- Safeguarding your group, and yourself.
- There will be opportunities to learn rope skills such as knots, rigging and simple rescues.

Interpersonal Skills

- Communication, teamwork, adapting leadership styles to meet the needs of your group.

- Decision-making, facilitation, mediation, listening and empathy.
- Understanding group dynamics, self-awareness Leadership in outdoor adventure.
- Contracting expectations.

Judgment Skills

- Awareness of changes in the environment and in the group.
- Capacity to work with incomplete information and understanding decision-making processes.
- Planning to achieve desired outcomes.
- Improvising for success.

Reflection processes and skills

- Maximising your own learning and development.
- Transferring your learning and giving your best to your clients.
- Self-care and avoiding burnout.



Your tutors



Dr Stephan Natynczuk.

Stephan specialises in Outdoor Learning and Adventure Therapy. With over 30 years' practice he brings a rich experience of adventure-based interventions in therapy, education and management training. Based in the UK he has multiple qualifications in adventure activities, education, and counselling, which he effectively combines in his adventure therapy practice. Currently Stephan divides his time between working therapeutically with clients and training aspirant adventure therapy practitioners.

<https://sparekrab.com>



Gerrit Onstein.

Gerrit has worked in special education for over 25 years where he is particularly proficient in a (ortho) pedagogic approach. He knows how to link your technical skills to your personality and soft skills.

He has both national and international experience (Croatia, Belgium, Germany, France, Canada, Wales, India, Nepal, Georgia etc.), and has many years' experience in managing and coaching of groups from diverse backgrounds.

www.outrac.nl

Investment

Your investment is €685 for 9 days of knowledge, learning, and skill transfer, from two of Europe's most experienced independent practitioners. The cost includes pre-course learning material, though not travel to the venue, personal insurance, camping or food. Course languages are English and Dutch. Basic French is useful.

For further details and enrolment contact either Gerrit at outrac@kpnmail.nl or Stephan at sparekrab@icloud.com

