

## **Challenge Course Facilitator Training**

### **Purpose**

Our purposes for training are as follows:

- To sustain our community-based Challenge Course program.
- To provide professionals and teachers with skills in facilitation.
- To bring folks into community.
- To provide a high quality facilitator training.

### **What is covered in training?**

The training schedule is very full with training beginning at 9 a.m. on the first day. There will be morning, afternoon and evening sessions. Evenings will run until 8 p.m. or beyond. The final day ends at approximately 3 p.m. Training is experiential in nature and will consist of learning the initiatives and adventure philosophy through doing. The pace is up and will flow between physical activity, reflection, group processing and discussions.

### **Training includes:**

- Philosophy of challenge courses
- Group assessment
- Safety consciousness
- Social play
- Trust activities
- Spotting
- Group initiatives
- Facilitation theory
- Framing and processing skills

### **Logistics**

- Room and board will be provided on site. Accommodations are in trailers with bunk beds. You need to provide your own linens, blankets or sleeping bag. If you need to arrive the night before the training begins, please let us know.
- Meals are served family style in our dining hall. Special diets can be accommodated with prior notice. Meals begin with lunch on the first day of the training.
- Training occurs outside on the Challenge Course. Comfortable, durable clothing and shoes are strongly advised.
- Cispus is a beautiful place that is often wet and cool. Bring raingear and warm clothes.

For pricing information, or to schedule training, please contact Jesse Garner, Cispus Challenge Course Manager at 360.497.7131 or [garner@cispus.org](mailto:garner@cispus.org).