

www.aliveoutdoors.com

A Strengths Based Approach to Outdoor Education

Jalynn Bosley and Sam Dear
3rd Canadian Conference on Positive Psychology

ALIVE

OUTDOORS



TO BE YOURSELF
IN A WORLD
THAT IS CONSTANTLY
TRYING TO MAKE YOU
SOMETHING ELSE

IS THE GREATEST
ACCOMPLISHMENT

RALPH W. EMERSON

Adventure

Leadership

Individuality

Values

Empowerment

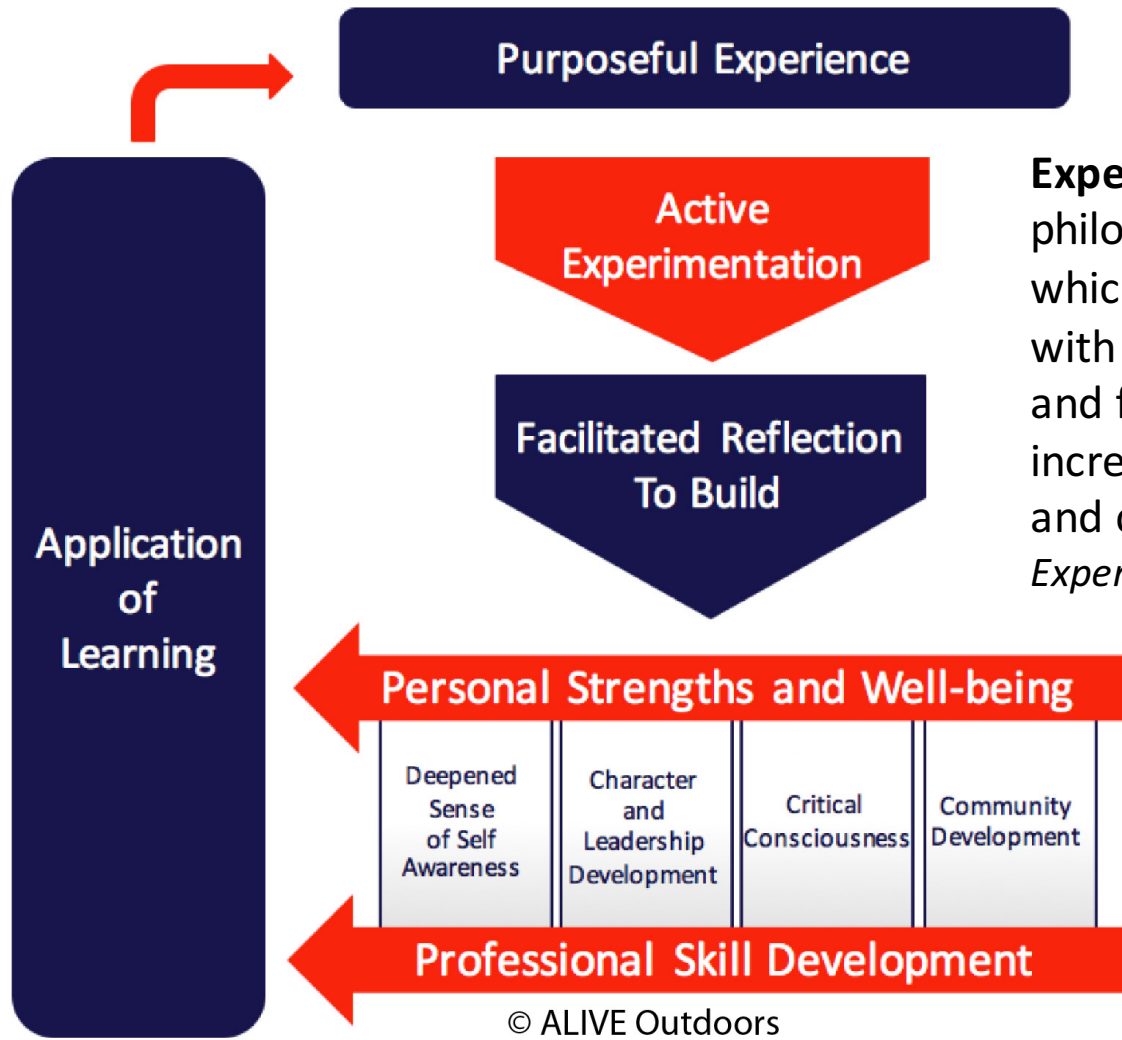


There is more in us than
we know. If we can be
made to see this, perhaps
for the rest of our lives we
will be unwilling to settle
for less”
~ Kurt Hahn

“The best journeys answer
questions that in the
beginning we never
thought to ask”
~ Yvon Choinard

“... shift the world’s
questions and move into
the worlds that our
questions create”
~ David Copperrider

ALIVE Outdoors Philosophy of Education

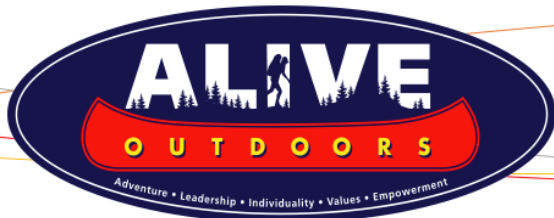


Experiential education is a philosophy and methodology in which educators purposefully engage with learners in direct experience and focused reflection in order to increase knowledge, develop skills, and clarify values. *AEE (Association for Experiential Education)*

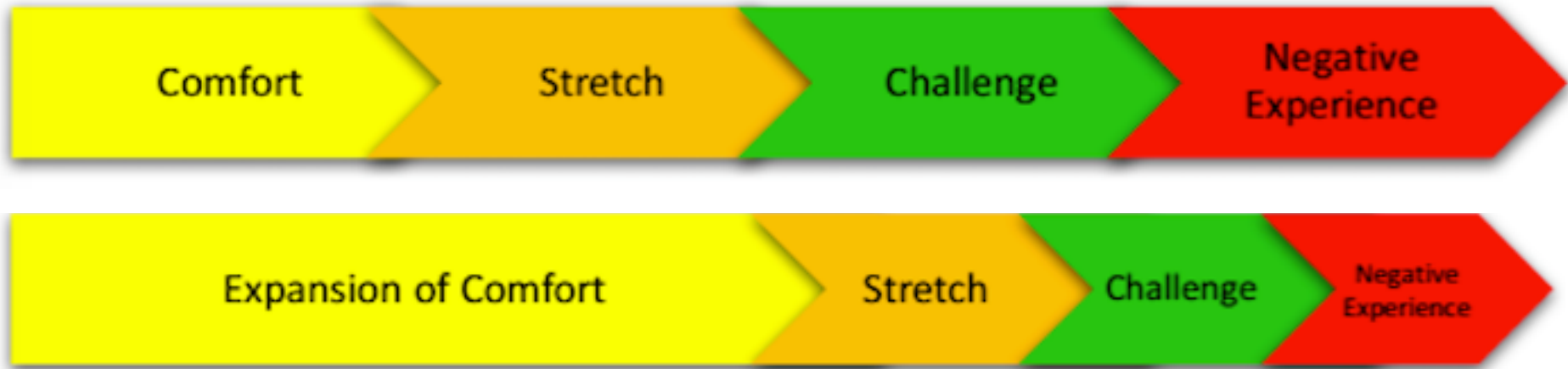
© ALIVE Outdoors

Adapted from Kolb, D. (1984)

Model for Purposeful Growth and Programming for Learning

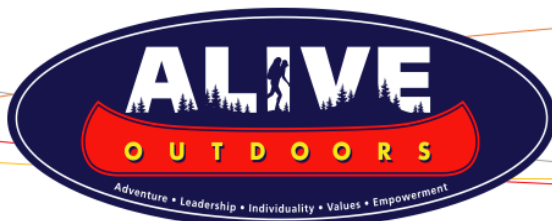
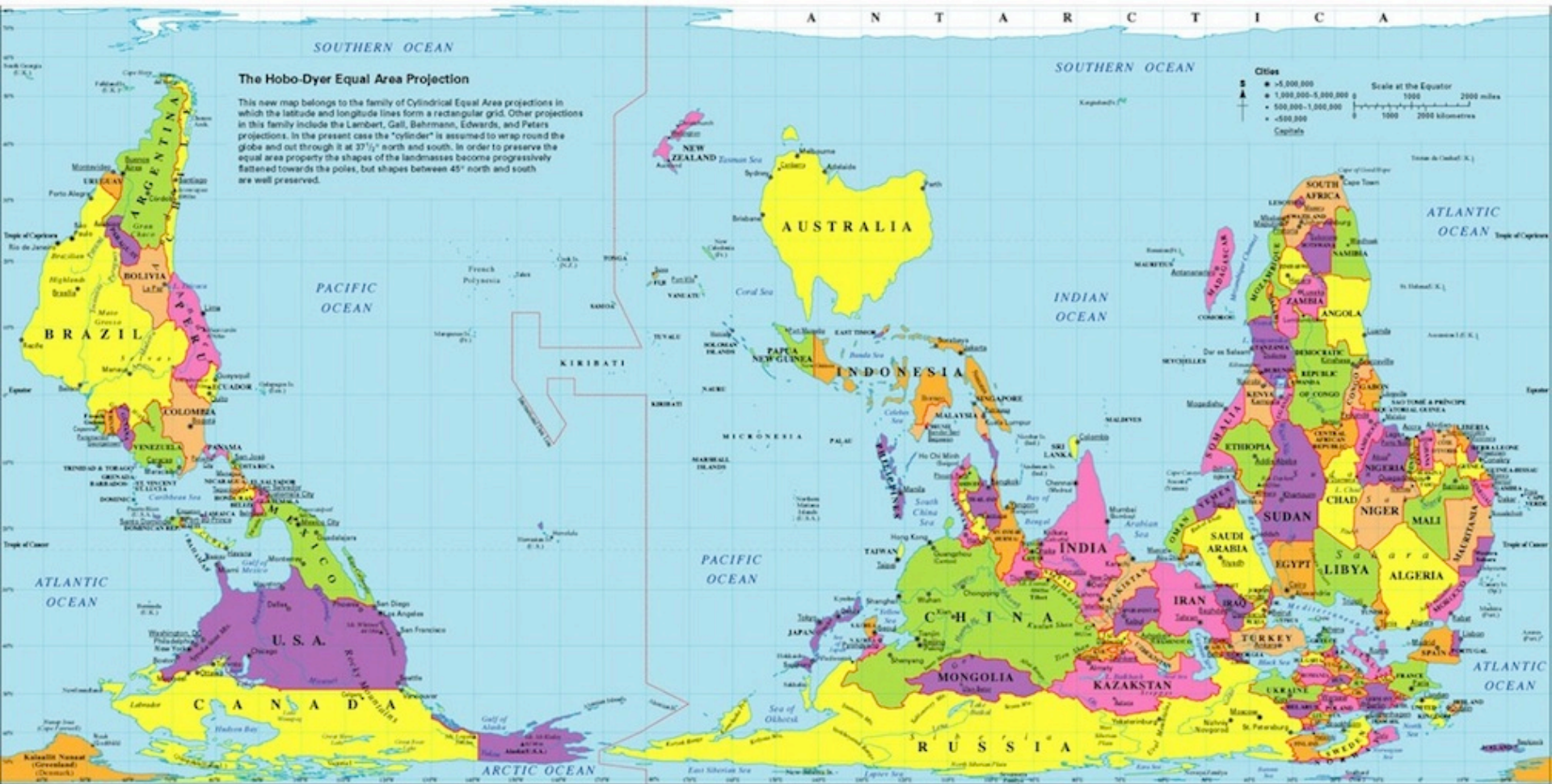


Philosophy of Risk in Education



Students are deliberately encouraged to take part in activities involving unfamiliar risks that are not part of their daily lives. Our goal is to use perceived and real risks as teaching tools to enhance self-confidence, deepen self-awareness and resiliency, as well as to strengthen each community's foundation.

Educative vs. Mis Educative Experiences ~ Dewey, 1938



Leadership is not a role,
rather action and example.

Career Counseling Advice in the New Economy

“Don’t ask kids what they want to be
when they grow up but what problems do
they want to solve. This changes the
conversation from who do I want to work
for, to **what do I need to learn** to be able
to do that.”

Tapping Into Hidden Strengths



Spotlight— Ropes Elements







Learning Outcomes

- Expanding comfort zones
- Practicing supportive communication techniques
- Teamwork and cooperation
- Building confidence
- Confronting and growing from challenge/ facing fear.
- Resiliency
- Developing responsibility through team belaying
- Personal empowerment
- Building community trust





Spotlight – Exploring and Solitude



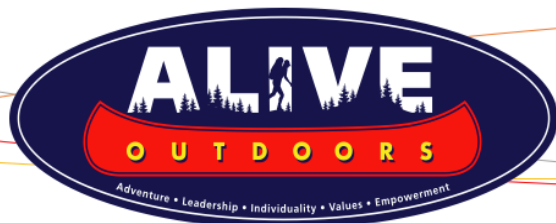
Learning Outcome

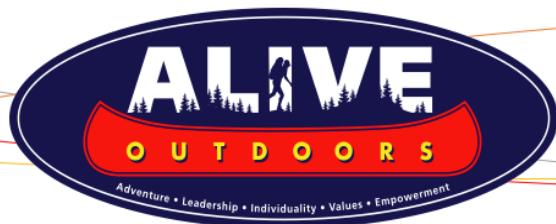
- Learning to sit with your own thoughts without distraction.
- Realization of excessive use of technology.
- Deepening connecting to nature
- Re connecting to all the senses.
- The power of unstructured time.
- Mindfulness





Spotlight – Team Initiatives that are not always easy.







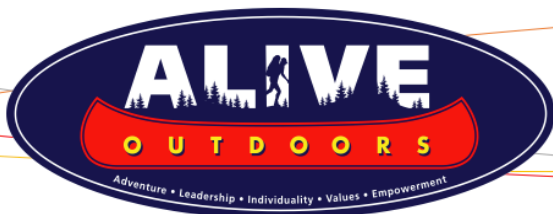
Learning Outcome

- Developing cooperation and communication skills
- Creative thinking and problem solving
- Trust building
- Listening skills
- Building personal leadership style
- Practicing and enforcing group dynamics principles
- **GRIT and Perseverance**
- **Group dynamics, peer support and living in community**
- Understanding challenge as an opportunity to grow



Strengths Based Workshops

Exploring your Epistemological Lens



Strengths Based Workshops

Exploring Your Personal Strengths





Let the experience speak for itself or strategic intervention?

- Intentional and timely debriefs.
- Strategic intervention of teachable moments.
- Life Experience
- Deep understanding of Flow.

Looking Ahead and Critical Questions

Instructor Training.

Continuing to fuel the intersection between experiential education and issues of justice and positive psychology.

Transferring skills acquired to real life projects.

The importance of language.



Working within in the system for change



ive.



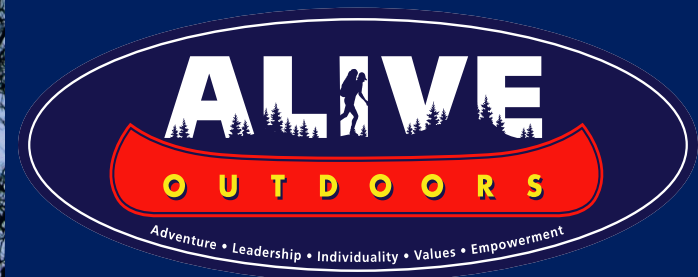
o-thrive.



Thank You Questions?

Jalynn Bosley
info@aliveoutdoors.com

Sam Dear
sam@aliveoutdoors.com



www.aliveoutdoors.com