

What to Expect- A Typical Day

The Browne Center uses action learning, which uses the whole body, but the challenges are primarily emotional and social. Groups come to the Browne Center to focus on a variety of things: **Communication Skills, Self Esteem, Positive Behavioral Norms, The Value of Diversity, Team Cohesion, Leadership Skills, Trust, Problem Solving Skills.**

Our experiential methods compress learning time, produce concrete scenarios for people to respond to, and are action oriented and Fun! Programs can include: Cooperative Games, Group Initiatives, Trust Exercises, Low and High Challenge Course Elements, Content or Theme Based Programs. Our facilitators work with you to provide an experience that helps to reach your group's goals.

A typical day begins with a short orientation session, including warm-ups and introductions. This gives us a chance to familiarize you with the area, the time schedule, and our teaching philosophies (Challenge by Choice and Full Value Contract). This is also a time to set group and individual expectations for the day.

After the warm-up, we may continue with goal setting or establishing a more complete full value contract for the group. Groups begin on problem solving and trust building initiatives where members work to solve various challenges and learn about communication, themselves, and the group. Specific Problem Solving Activities & Low Ropes Elements would be chosen depending on your group goals. Using new skills and knowledge gained during the initiatives, the group can now move to challenges posed by the low elements. Time is always provided to discuss the learnings drawn from activities.

During Lunchtime, you are responsible for providing supervision.

The afternoon may be a continuation of the Low Elements, keeping the focus on team-building and group interaction, or, groups may move to the High Elements. The groups is outfitted with helmets and harnesses, and instructed on the proper use of safety equipment and a belay system.

There is usually a culminating experience where the whole group comes together to wrap-up or debrief the day. This is a great time to evaluate the group's expectations, goals and plan the transfer for the learnings to other settings.

Sample Agenda- One Day Youth and Student Program

Youth and Student Programs are tailored to meet your goals & objectives. Actual activities are determined following your submittal of the “goals form” and a pre-program consultation by phone or email with the lead facilitator.

Please note we also can design two - five day programs for this population.

Sample Program Design

- 8:45 Arrival & logistical information
- 9:00 Welcome
 - Introduction of our facilitators & facility
 - Brief discussion of goals & objectives for day
- 9:15 Warm-up activities
 - Name Games, ice breakers & setting tone for day
 - Challenge by Choice & Full Value Contract
- 9:45 Trust building activities
 - Problem-solving initiatives
 - Low challenge course elements
- 12:00 Lunch
- 12:45 Refocus & energizing activity
- 1:00 Depending on your goals & objectives:
 - Option 1: low elements & problem-solving initiatives continued
 - Option 2: high challenge course elements
- 3:30 Closing Activities
- 3:45 Departure

Examples of Activities:

Trust Sequence: Mirror Activity in pairs, 2-Person Trust Fall, Sherpa Walk (Pairs blind-fold walk) or Trust Fall from Height

The Trust Sequence can be used to help mediators realize how important trust will be in any relationship among themselves and the students they are working with.

Goal Setting: Since your group is already established it may be re-focusing or refreshing your group goals. Goal setting can be done as small groups with report outs and voting by the larger group. Ball Toss is one activity that requires setting a goal and trying to reach your goal. The group must plan and organize themselves to reach their goal.

Communication: Feedback, active listening, and honest communication are important mediator skills. Activities may include an information swap on two different activities where students must give another group the rules, strategies, and safety for the activity they have completed, while receiving the same information from the other group. Helium Stick is a great activity to show how leadership and communication are necessary to complete a simple task of lowering a pole to the ground.

Teambuilding: All of the activities we do help to enhance a sense of belonging and responsibility to the group. Communication, leadership, active listening, problem solving, and fun are included in all of our activities. This helps to bring new and seasoned mediators together.