

Experiential Workshop

Title	Take the risk – reach the goal. Action based workshop.
Goals	Demonstrate throughout exercises how we can be success taking the risk.
Description	<p>The way we feel fear and our need for safety haven't changed much during the past centuries. However, our environment became much more complex presenting more and more challenges for young adults to find their way. The ability of setting a clear and ambitious target while assessing risks and taking responsibility is a true game-changer, an experience with real potential and influence on life success.</p> <p>In our modern and technology based world we are all loaded with continuous, unfiltered, unwanted, unprocessed information. New generations are even more exposed to that attack. That much trigger and information is virtually toxic. It undermines our focus and attention, it cuts us off from our roots, from our natural rhythm. The constant noise deafens us, we don't hear any more our inner voices. We are not any more in contact with our genuine needs. This explains for a good part why we meet so often general leak of motivation, leak of purpose, disinterest and boredom among youngsters.</p> <p>This workshop offers a few practical tools on how:</p> <ul style="list-style-type: none"> • to deal with leak of motivation • to switch from inertia to action • to explore and get in touch with one's genuine needs • to sharpen the focus, get back the power of concentration <p>Participants will be offered the opportunity to experiment for themselves with these exercises: arrow breaking, rebar bending.</p> <p>1. Arrow break</p> <p>It's an incredible opportunity to challenge and change limiting beliefs and fears and to create some very powerful and resourceful emotional states. Through the experience these states become consistent, available, and free for use at any time or place!</p> <p>2. Rebar bending</p> <p>Utilizing an outer obstacle as a symbol for the inner obstacles, delegates will be shown how to access their personal power and energy, how to generate this power and channel it to move through limitation, transforming the previous limitation into a tangible success. It teaches commitment, cooperation, team-work, following through and how to effectively channel one's own creative power for lasting results.</p> <p>KEY-WORDS: decision-making, exposed situations, responsibility, focused presence, self-evaluation, perseverance, adolescence, changing patterns</p>



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Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities



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Number of participants	Minimum	1
	Maximum	16 (IN SPECIAL CASE MAX 20)
About the facilitator...	Name	András SIMON
	Background	András (58) has been designing and leading outdoor trainings for 14 years now. He is an expert fire walking instructor. He has also extended proficiency in hiking, mountain and rock climbing (35 +4000 peaks in Alps), off-road horse riding and traditional archery. His work is largely informed by his 10 years of corporate leadership experience in multinational environment.



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