



THE  
OUTWARD  
BOUND TRUST

DEVELOP

**RESILIENCE** IN YOUR

**PUPILS**

## FREE TEACHER TASTER COURSES:

### Building young people's resilience for an uncertain world

Resilience is more than 'plugging away'. You need effort, perseverance and imagination. Find out how we use the wild to develop resilience at one of taster courses:

**20-21 March 2020 - Loch Eil, Scottish Highlands**

**24-25 April 2020 - Aberdovey, Snowdonia**

### LEARNING OUTCOMES

This is for head teachers, deputy head teachers and educational professionals who would like to:

- Understand how outdoor learning can build resilience, confidence and self-belief.
- Hear from educational experts on how resilience is developed - both in and outside the classroom.
- How an Outward Bound course uses the wilderness to develop the superpowers young people need to thrive in school, work and life.

### GOOD FOR YOUR WELLBEING TOO!

Get a dose of fresh air. All our centres are set in truly jaw-dropping spots that make you feel you're a million miles away from civilisation.

# COURSE AGENDA\*

## FRIDAY

**2pm** – Arrival and welcome tour of the centre. Lunch will be provided.

Staff and delegate introductions followed by a brief overview of the agenda and allocation of activity groups.

**3pm** – Take part in a water-based adventure that will give you the chance to experience the journey through the eyes of a young person.

**5pm** - Return to centre for tea/coffee and cakes.

**6.30pm** - Brief tour of the centre and grounds. Pre-dinner drinks followed by a panel discussion on the importance of resilience and ways it can be developed. There will be a chance for networking and questions.

**7.30pm** - Dinner and networking opportunities.

## SATURDAY

**7:30am** - Breakfast.

**8:30am** - Depart on a day's journey that will show you first-hand what a typical group would experience and a chance to take in the stunning location.

**4.00pm** - Depart.

\*Agenda is subject to change.



**All food, equipment and accommodation are provided free of charge** - you just need to bring yourself, a colleague and a sense of adventure!

Find out more and register your free place:

**Visit:** [www.outwardbound.org.uk/tasters](http://www.outwardbound.org.uk/tasters)

**Call:** 01931 740000

**Email:** [enquiries@outwardbound.org.uk](mailto:enquiries@outwardbound.org.uk)



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