

WSU/4-H Portable/ Low Ropes Challenge Facilitator Training

This training is comprehensive and experiential and certifies leaders for group facilitation in Challenge-based activities. Participants learn skills in goal setting, cooperative risk taking, clear communication, problem solving and much more. Challenge helps groups and individuals achieve transformational goals in safe settings.

Following the training, you will be able to apply your skills with youth groups as a 4-H Challenge Facilitator.

As a 4-H Ropes Challenge Facilitator, you will be able to:

- Take groups on the BSD Low Ropes Course
- Check out Portable Challenge equipment
- Access our Challenge Resource Library
- Obtain WSU Challenge Leader liability coverage
- Work with other 4-H Challenge development programs statewide



4-H Challenge Low Ropes/Portable Course Training

June 19, 20, 23, 24, 25, 26
8:30 a.m. - 4:30 p.m.

Portable/Low Ropes Challenge Instructor Certification is a six day, 48 hour course.

This training will take place at the 4-H Challenge Course, Bellingham School District Gordon Carter Environmental site.

Registration:

Registration fee of \$250/leader includes 48 hours of training and copies of *Journey Towards the Caring Classroom* and the *WSU 4-H Challenge Course Technical Manual and Leader Guide*. **Clock hours** are usually available for an additional fee of \$2 per hour plus \$5 processing fee. Individuals with special needs are encouraged to contact WSU Whatcom County Extension at 360-676-6736 for accommodation.

Organization Special Offer

Sign two people up from your organization for the same training and the 2nd comes at ½ price!

Space is limited. Call 676-6736 to hold your spot today!

Programs of WSU do not discriminate on the basis of race, ethnicity, color, creed, religion, national origin, gender, sexual orientation, age, marital status, the presence of any sensory, mental or physical disability, use of a trained guide dog or service animal by a disabled person, specially disabled veteran, veteran of the Vietnam era, recently separated veteran, and other protected veteran.

Creating Positive Learning Communities

It has been said that there is no learning without challenge and emotion, but how many of the challenging environments we are confronted with day to day are *positive* emotional experiences? Transformational learning can only take place in an environment where individuals feel they are valued and have a voice. Faced with the stresses of institutionalization, or the force of poor internalized scripting, do we regularly create environments that ensure caring, equality and insight for ourselves and others?

Communication, choice, decision-making, leadership, teamwork and positive risk identification are key elements of experiential exploration as groups work toward achieving their group and individual goals in a Challenge environment. Insights and learning from the course experience can be *applied* to the school, home, and work environments.



Challenge by Choice

We believe that learning and growth are best achieved through the willing participation of the learner. Although we encourage participants to challenge themselves, all of the activities presented to participants are “challenge by choice.”

A Little History: The Bellingham 4-H Challenge Ropes Program

The Whatcom County Ropes/Challenge Course was created over fifteen years ago to strengthen life skills identified as crucial to building and sustaining healthy youth, families and communities.

The Bellingham 4-H Challenge program has been a collaborative effort between Bellingham School District and WSU Whatcom County Extension since 1990. Offerings have expanded to include not only the ropes course but also portable challenges, tailored to fit the needs and spaces of groups and organizations.



The Challenge Program consists of a variety of course, seminar, and workshop options. The general format of our program includes non-competitive games woven into a series of individual and group Challenge initiatives. Facilitators plan a sequence of activities, which begins with ice-breaking, trust-building, and safety instructions and leads into problem-solving challenges.

How is Challenge Adapted in Professional Settings?

- Classroom Management
- Volunteer Training
- Corporate Leadership
- Addiction Rehabilitation
- Community Building
- Behavior Modification
- Wilderness Groups
- Religious Retreats

Programs tailored to:

- Youth and Adults
- Parents, Families
- Teachers, Counselors
- Community Groups
- Non-profit Organizations
- Team and group empowerment

For Instructor Training Information:

Michael Wallace
WSU Whatcom County Extension
1000 North Forest Street #201
Bellingham WA 98225
360-676-6736
Email: mlwallace@wsu.edu
Website: <http://whatcom.wsu.edu>



LOW ROPES/ PORTABLE CHALLENGE



BELLINGHAM 4-H

2008 Facilitator's Training



Promote Communication and Team Work
Instill Leadership and Self Confidence
Strengthen Social/Emotional Intelligence