

Experiential Solutions **T.E.A.M.**, Inc.

Trainin**g** *through* **E**xperiential **A**ctivity **M**anagement

T.E.A.M.²

***T**aking **E**very **A**ction to **M**ee**t** the **M**ission*

www.experientialsolutions.com

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CHALLENGES and CHOICES

YOUTH LIFE SKILLS / CHARACTER DEVELOPMENT

Experiential Solutions is a youth life skills program designed to be facilitated through schools, social service agencies, youth organizations, juvenile justice systems, colleges, etc. Trained adults facilitate in either one hour or one and one half hour sessions. Each session explores a key program concept, and the concept is reinforced through experiential learning activities. Experiential Solutions utilizes the Experiential Learning Model, Activities, and Processing/Debriefing of the group's activities. It is designed to promote an understanding of the importance of pro-social behaviors (caring, empathy, reciprocal caring, and interpersonal skills). It provides an opportunity for group members to learn as well as practice social skills. The program can be modified in a variety of ways to respond to the needs of the group. It is both a prevention and intervention program that is proactive in nature.

OBJECTIVES

- To provide a safe and trusting environment in which members can discuss their issues related to growth and development.
- To provide options and teach the youth techniques for effectively coping with the situations which creates stress in their daily lives.
- To promote an understanding of behaviors which facilitate or interfere with establishing and maintaining healthy relationships.
- To explore anti-social behaviors and development of pro-social behaviors.
- Assist in developing appropriate social values and character with emphasis towards education.

TOPIC OUTLINE

Introduction (group rules, expectations, confidentiality, contract)

Changes (there are some things I can change; review his/her behavior and accept responsibility for it)

Self-Imposed Limitations and Barriers

Feelings/Anger Management

Effective Communication/Assertiveness

Self-Esteem (positive qualities)

Boundaries/Relationships (healthy & unhealthy)

Alcohol Tobacco & Other Drugs/Chemical Dependency

Family (conflicts, values, functional versus dysfunctional)

Value Clarification

Goal Setting/Career Development

Peer Pressure/Coping Skills

Conflict Resolution

Stress & Stress Management

Coping Skills

Attitude toward risk and failure

Leadership

Character education, Bullying, Sexual Harassment, Education Over Athletics