



Active Connections for Business



Employment Assistance and Team Building Programme

Transforming Lives Through Adventure

Our Mission

Transforming Lives Through Adventure

Programme Mission

To use adventure based activities and methodologies to strengthen companies

Our Goals

Engage each participant in challenging transforming activities

Provide ongoing individual and group supports

Our Philosophy

All Active Connections CLG programmes are built on our 3 Pillars

The experience: This pillar looks at the specific physically and mentally challenging activities the young person engages in and how the participant faces these challenges, when looking at this pillar staff explore the activity, participant's roles, decision & actions taken, interactions with others, staff & the environment.

"that from successful experience in an elemental setting, one can earn better to respect self; that from respect of self can flow compassion and concern for others; that from compassion for others one draws commitment for service to man; that in a genuine service to the benefit of others one best expresses on a day-to-day basis his reverence for life itself" - Kurt Hahn

Personal Ownership: Each participant is asked to take responsibility for their own actions & decision whilst on session. All participants will be asked to give back to self, staff, environments & their own communities. The focus of this pillar is to help build personal responsibility and empathy for others.

Reflections: This section focuses on the young person's life outside of the programme and to the decision and action taken by the young person which resulted with the young person being referred to AC. Focusing on reflection of the experience and how the participant interoperates all facets and impact on the effectiveness of the session/programme. This pillar will often be used during session to challenge thoughts and actions.

Our Impact

Greater Connections to Others

Risk assessment skills

Self Confidence

Understanding Others Needs/Wants

Communication Skills

Leadership

Goal Setting

Problem Solving

Our Approach

Active Connections Ltd Approach

We use Brief Solution Focused Therapy as an integral tool as it helps the participant map their own solution for difficulties faced

Participants are placed into a unique, unfamiliar physical environment and into a unique social environment that allows for individuality, growth and development.

Participants will be faced with problem solving task and challenges that are achievable, concrete, incremental and draw on their mental and physical strength.

This guided process will lead to manageable levels of stress and anxieties which that participant adapts to through conscious competence and mastery. Resulting in an expanded capacity of, including greater self-esteem, belief in self and resiliency.

Our Approach

THINK OUTSIDE
no box required.



Objectives of an Active Connections programme

1. *Personal development and Mastery: To enhance the participant's self-concept and extend their self-awareness*
 - 1.1 identifying personal limits and potential
 - 1.2 Clarify needs and goals
 - 1.3 Recognise the individual's role in the organisation and acknowledging responsibility to self and others
 - 1.4 Overcoming hesitation, fears and fatigue when confronted by physical and mental challenge
 - 1.5 Conveying a positive self-regard in appearance and manner and by putting forth one's position, especially when it differs from prevailing or dominating views
 - 1.6 Accepting responsibility for their actions and feelings, including being willing to accept and follow through on leadership assignments
 - 1.7 Recognizing personal strengths and limitations and being willing to help when needed
 - 1.8 Taking initiative in doing tasks and in doing new things
 - 1.9 Having fun
2. *Interpersonal effectiveness: to expand participant sense of community and capacity for responding to others by*
 - 2.1 Practicing honest, open and effective communication
 - 2.2 Developing cooperative relationships around common projects
 - 2.3 Being willing to help companions achieve by offering physical and mental support
 - 2.4 Having empathy for and being responsive to the needs and feelings of others
 - 2.5 Deferring personal for the betterment of the group
 - 2.6 Assuming leadership position in need arises
 - 2.7 Tolerating others' points of view, lifestyle & values, and showing a willingness to discuss differences and defend the rights of others.
3. *Environmental Awareness: to enhance the participants understanding of fragile nature of wild areas, and to increase the students sense of responsibility for the care and preservation of such amenities*
 - 3.1 Showing a willingness to learn about natural environment and its care
 - 3.2 Exhibiting care towards living things and nature
 - 3.3 Adhering to leave no trace guidance/ethics
4. *Learning: to instil an attitude of curiosity, experimentation and participation by encouraging participants to-*
 - 4.1 ask questions
 - 4.2 Try new things
 - 4.3 Mastery of newly acquired knowledge and skills.

Programmes

Head treks

A guided walk through some of Irelands most beautiful areas, Head treks is designed to re-engage people in the natural world around them.

Clinical testing shows that staff members who engage regularly with nature perform better when making decisions and performing micro tasks (Lee et al., 2015, *Journal of Environmental Psychology*)

Mindfulness

Today in business we often juggle a number of different tasks and roles this can have a last impact on our personal wellbeing. To combat this, we have developed a number of different mindfulness workshops which are designed so that participants sign off from other thoughts and give themselves to the present moment.

Wire work- Participant will be given the chance to build objects from copper wire

Paddle making- You will be shown traditional skills and processes in making a canoe paddle, you will then use your paddle on a canoe trip.

Fire craft- there are few things more basic than our need for fire, we will show you how to build a fire with the most basic of tools and determination

Adventure Days

The core of Active Connections is Adventure Therapy, on these days we will expose your team to adventure based activities and push people out of their comfort zone and into their learning zone, with support and guidance this learning can be harnessed and integrated into the organisations running.

On any programme Active Connections staff will offer time to participants to speak about stresses or difficulties they are experiencing

ABOUT US

Active Connections Ltd is an award winning social enterprise.

Our mission is to 'Transform Lives Through Adventure'

Active Connections was found by James Bruton, John Paul O'Neill and Raymond Burke in 2012 with the mission to "Transform Lives Through Adventure". Our vision is that Adventure Therapy to be an option for all people. Since inception one of AC's goals was to actively connect with like-minded people and organisations to spread the founders' genuine belief that the outdoors is a dynamic and powerful environment to enable people to overcome adversity.

Adventure Therapy

'Adventure Therapy is the use of adventure-based activities and/or adventure based theory to provide people with experiences which lead to positive change'

Costing

| Programme | Max number of participants | Time commitment | Cost per programme |
|---|----------------------------|------------------|--------------------|
| Head Treks (monthly treks recommended) | None | 1-3 hrs per trek | €125 per hr |
| Mindfulness Workshops (please note paddle making requires at least 6 hours and can be broken down over 2 days and incurs an addition €50 per participant) | 20 | 1-8 hrs | €100 per hr |
| Adventure Days (A 5 day programme is recommended consisting of rock climbing, coasteering, hiking, canoe/kayaking and gorge walking) | 8-20 | 4-6 hrs | €125 per hr |



TRANSFORMING LIVES THROUGH ADVENTURE

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ADVENTURE THERAPY FOR BUSINESS

PERSONAL DEVELOPMENT

STRENGTHENED TEAMS

INVIGORATED ORGANISATION

