



Connect. Empower. Lead...
BE THE EXAMPLE.



Annual High 5 Symposium

Welcome Friends!

Thanks for coming to High 5's Annual Symposium. This is a special year for us as it's our 20th Anniversary. It's hard to believe that it was 20 years ago that we first gathered as a staff of six (we were never 5, contrary to popular legend) on January 17, 2000, in the kitchen across the way in Holton Hall to begin the journey that finds us here with you today.

In that same kitchen we hold our monthly All Staff meeting. This meeting always begins with what we call *Stories from the Road*. It's an opportunity for us to share what we have experienced throughout the month and get everyone up to speed with the latest High 5 happenings. What we often discover during this exchange is that "our" stories are "YOUR" stories. They are about special moments, projects and journeys that have occurred for you, of which we simply get to be a part. Constructing a climbing tower at Camp Dudley that is dedicated to a special member of their community, receiving a heartwarming letter from an EOL alumni, watching a workshop participant have a life-changing

experience or giving a teacher the resources to create a more caring classroom; for the past 20 years, the joy of our work is YOU! Thank you for enriching our lives by enriching the lives of those that you touch.

And now it's on to the next 20 years and a future in which we reach more lives, in more ways with more lasting impact. That future starts today with you being here. Make the most of it. Meet a new friend, have a good conversation, gain a new insight, create a new story that becomes part of our story.

While you're at it, set your sights on changing the world a bit by bringing people together to discover their common goals, value their differences and work together to benefit the common good of all. Trust such efforts will make one heck of a story 20 years from now.

Thank you so much for coming and have a great day!

Jim Grout & the High 5 Staff

Celebrating our 20th Anniversary!



Schedule and Workshop Grid 2020

Session	Croker Hall #1	Thomas Hall Cafeteria	Holton Hall 4th Floor	Croker Hall #2	Thomas Hall Classroom	Croker Gymnasium
8:30 am		8:30-9:00 Registration/ Breakfast				
9:00 am		9:00-10:15 Opening Remarks Jim Grout Playnote/Keynote Chris Ortiz				
9:30 am						
10:00 am						
10:30 am	Session #1 • 10:30-12:00					
	Sam Mengual Facilitating to Fail	Mellisa Cain Graphic Facilitation: When Words Aren't Enough, Think in Pictures (No Artistic Skills Needed.... Really!)	Chris Ortiz & Ryan McCormick Experiential Leadership Development from Elementary School to College	Phil Brown The Shared Experience - Podcast 	Sam Copland & Anne Louise Wagner Mapping What's Happening: Teaching Emotional Literacy and Empathy through the Mood Meter	Angie Veatch & Emily Taylor Old, New, Borrowed - Regardless All Can Be Used: Prop-Based Initiatives
11:00 am						
11:30 am						
12:00 pm						
		12:15-1:15 Lunch Practitioner of the Year Award				
12:30 pm						
1:00 pm						
1:30 pm	Session #2 • 1:30-3:00					
	Julia Stifler Slow Your Roll: An Exploration of How to Bring More Meaning and Transferable Learning to Your Facilitation	Chris Damboise Spheres of Acceptable Practice: Challenge Course Programming Gary Hillsgrove and the Builders Challenge Course Tour	Ian Hockley, Justin McGlamery & Robb Armstrong The Butterfly Effect: Transforming Tragedy into Positive Social Change	Shirley Sutton "I'll Be Brief"	Lisa Hunt & Sam Copland Popsicle Hotline: The Power of Moments	Greg Urban SEL through Boomwhackers: Connecting People through Sequenced Musical Experience
2:00 pm						
2:30 pm						
3:00 pm						
	Session #3 • 3:15-4:45					
3:30 pm	Phoebe Connolly How Understanding Conflict Theories Can Make You a Better Facilitator	Alicia DeHart Success in Seasonal Staffing	Timothy Abraham Implementing Social Emotional Learning (SEL) Strategies Into Physical Education	Hanne Bailey What's Your Excuse? A Journey On The Path of Least Resistance	Dat Tran Challenges People of Color Face within the Field	Rich Keegan A Free For All With Adventure Free Play
4:00 pm						
4:30 pm						
	Closing, Auction, Raffle					
5:00 pm						

Session #1 • 10:30-12:00

■ Croker Hall #1
■ Croker Hall #2

■ Thomas Hall Cafeteria
■ Thomas Hall Classroom

■ Holton Hall 4th Floor
■ Croker Gymnasium

Facilitating to Fail

Sam Mengual

We tell students all the time, the best way to learn is to make mistakes, but we are rarely that forgiving of ourselves. This workshop will reflect on the experiential cycle and how we use it to inform our practice and refine our craft. We will explore how we fail, why we're afraid to, and what we can learn from it.



Sam is a Lead Educator at Kieve-Wavus Education where she enjoys developing curriculum and mentoring her peers. Outside of work she enjoys playing with her dog, Birdie, or making pottery.

Graphic Facilitation: When Words Aren't Enough, Think in Pictures (No Artistic Skills Needed... Really!)

Mellisa Cain

Graphic facilitation breaks people out of conventional thinking and builds new paths to produce ideas. This workshop introduces participants to the basics of Graphic Facilitation: the whys, theory and, most importantly, the HOW through informal practice and co-creation. Participants will leave with tangible skills for their toolbox to use in their own facilitation/teaching. And really... NO ARTISTIC SKILLS NEEDED!

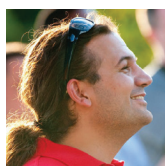


Mellisa is a trainer and graphic facilitator based in Burlington, Vermont. With a background in experiential education, international confliction transformation and youth development, Mellisa is a facilitator at the UVM Adventure Ropes Course and owner of the Experiential Training business Iceberg Consulting, LLC (www.icebergconsulting.net).

Experiential Leadership Development from Elementary School to College

Chris Ortiz & Ryan McCormick

Can one activity teach empathy and listening skills to 10-year-olds and conflict management to 20-year-olds? Through a demonstration of a few experiential activities, we will explore the similarities and differences of two seasoned facilitator's approaches to leadership development based on the life experience of their participants.



Chris teaches team development, leadership, and group dynamics at Penn State University and is the Shaver's Creek Team Development Center Program Director. He also moonlights as a trainer for High 5 and other organizations.



Ryan has been training adventure practitioners and educators in the field of facilitation and training for over 15 years. He is also the mastermind and designer of Ubuntu Cards and Activity Guide, Monkey See Monkey Do, 52 Fathoms Cards and Blocked Perspective, all powerful tools for the adventure community. Ryan also created all the original illustrations for High 5's book, "Tinker: Building Purposeful Experiences from Classic Adventure Activities."

The Shared Experience

Phil Brown

Inspired by my work hosting and producing High 5's Podcast, this will be an audience involved episode of Tinker Talk. If you have a question about facilitation or challenge course operations then bring them to this workshop and as a collective group we will attempt to answer them through our shared experiences. Note: this will be recorded and audio will be used for a future podcast episode.

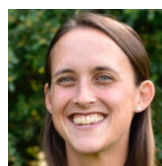


Phil joined the High 5 team in 5 years ago having previously worked in Adventure and Outdoor education for 7 years. He is one of the co-authors of the book "Tinker: Building Purposeful Experiences from Classic Adventure Activities", and the host/producer of High 5's Podcast.

Mapping What's Happening: Teaching Emotional Literacy and Empathy through the Mood Meter

Sam Copland & Anne Louise Wagner

What is empathy and how do you facilitate a conversation around it? In this workshop, participants will have a chance to practice and expand their emotional vocabulary and practice identifying both how they and others are feeling. Participants will be introduced to the Mood Meter as a tool to map out emotions based on their pleasantness and energy level.



Sam joined High 5's Edge of Leadership team in July of last year. She has been teaching social and emotional learning primarily with middle school students for the past six years.



Anne Louise joined High 5 in 2015 after studying at SIT Graduate Institute here in Brattleboro, VT. Her commitment to social-emotional development and creating inclusive learning communities has only grown as a member of Edge of Leadership since her introduction to adventure education in 2009.

Old, New, Borrowed - Regardless All Can Be Used: Prop-Based Initiatives

Angie Veatch & Emily Taylor

Some may be old, some may be new, some are borrowed, but all these activities can be added to your queue. Throughout this workshop, we will explore a variety of homemade prop-based initiatives and how you can integrate them into your bag of tricks.



Angela (right) is currently the Associate Director of Springfield College's East Campus Outdoor Learning Center and an adjunct faculty member at the institution. Her true passion is rooted in education and helping the next generation of outdoor educators.

Emily (left) is a graduate student at Springfield College, where she studies physical education and is a graduate associate at the East Campus Outdoor Learning Center. She is an educator with experience as a public school teacher, challenge course facilitator, and adventure camp leader. Emily is especially interested in integrating adventure and outdoor education into wellness programs in schools.

Session #2 • 1:30–3:00

Slow Your Roll: An Exploration of How to Bring More Meaning and Transferable Learning to Your Facilitation

Julia Stifler, MSW, MS

This workshop is geared toward experiential facilitators who seek to deepen their awareness of how to increase the depth of their facilitation with individuals and groups. Principles of trauma-informed learning will be included in the presentation.

Sometimes, the most surprisingly productive days of facilitation are the ones where we only get to one or two of the many activities that had been part of the plan. This workshop will explore the power of slowing down to fully draw out the potential for meaning-making that a simple activity can offer. Through a mix of group discussion and experiential play, participants will deepen their awareness of how to use activities to their fullest potential, and how to make decisions about how to spend the time you have with a group to create a balance of depth and breadth in activities. We will explore the concept of “success,” focusing more on desired participant outcomes than on completing a prescribed progression of challenge course activities. Presented with a trauma-informed lens as the scaffolding, this workshop could be a good fit for anyone who is interested in learning more about mindfulness, metaphor, and neurosequential modeling to support participants in developing healthy skills for emotion regulation and connection.



Julia works as a mental health clinician at the Kindle Farm School, an alternative school for 4th-12th grade boys in Newfane, VT. After 10 years of working as an experiential facilitator in camps, schools, challenge courses, and therapeutic and wilderness expedition programs, Julia received a dual master's in social work and outdoor education from the University of New Hampshire in 2017. She is passionate about using the power of experiences and the principles of adventure therapy with individuals and groups.

Spheres of Acceptable Practice: Challenge Course Programming

Chris Damboise

This interactive session explores the differences/intersections between local operating procedures, standard operating procedures, challenge course standards, instructor styles and preferences and how each of these may affect the operations and programming on your challenge course. It is generally recognized that there is rarely a singular “best” way of doing things when it comes to practices on the challenge course. Come explore with other professionals the range of acceptable practices and how your program design intersects.



Chris is the Director of Training & Team Development for High 5. In the field of adventure education for over 35 years, his other experience includes time with Project Adventure, Acadia Mountain Guides and the Hurricane Island Outward Bound School.

Challenge Course Tour

Gary Hillsgrove

Anyone interested in getting a breath of fresh air and learning more about Challenge Courses from the High 5 perspective? Gary and other High 5 Staff will bring you up for a tour of our world-class Challenge Course, which has evolved over the years into our adventure lab where we lead, teach, and experiment.



Gary began in the adventure field with Wingspeed Adventures in 2001 and then joined High 5 part-time in 2004, becoming full-time in 2007. His building & carpentry skills combined with his passion for climbing, result in creative challenge course elements and designs for High 5 and its customers.

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Session #2 • 1:30–3:00 (continued)

■ Croker Hall #1
■ Croker Hall #2

■ Thomas Hall Cafeteria
■ Thomas Hall Classroom

■ Holton Hall 4th Floor
■ Croker Gymnasium

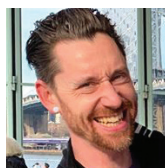
The Butterfly Effect: Transforming Tragedy into Positive Social Change

Ian Hockley, Robb Armstrong & Justin McGlamery

Participants will learn about Wingman, a youth centric, student led experiential approach to social and emotional learning that inspires children to go above and beyond for others, instilling them with the courage and leadership to create strong, inclusive communities. In this workshop, using games and group problem solving activities as a metaphoric device to engage people in face-to-face, active and reflective activities. Participants will engage in both light-hearted fun and deeper discussions about empathy, making real human connections with the people around us, and how to use these activities for a SEL outcomes. The activities and topics presented can be used and adapted in many different ways for different outcomes and objectives, including but not limited to: processing/facilitation skill development, sequencing, creativity, collaboration, and a deeper understanding of experiential group work for social-emotional learning objectives and how we as group facilitators can positively impact that in our face-to-face connections with our groups.



Ian is the founder and Executive Director of Dylan's Wings of Change, a foundation dedicated to the memory of his son Dylan who was killed in the mass shooting at Sandy Hook Elementary in December 2012. After 25 years in the corporate world, Ian has re-dedicated his career to Wingman and inspiring the empathetic young leaders of the future.



Robb is the Program Director for Dylan's Wings of Change and a Master Trainer for the Wingman Program. Robb has been facilitating social-emotional learning, team building, leadership and staff development, and teacher training for the last 15+ years.



Justin is Founder and Chief Locus Focuser for Focus Your Locus Teambuilding Training and Development, LLC and is a Wingman Master Trainer for Dylan's Wings of Change. Justin is committed to creating meaningful experiences for people to unlock their greatest potential & unleash the power of positive community and is co-author of: *Focus Your Locus: Activities that Focus the Power of Individuals and Groups* (2010). Wood n Barnes Publishing.

Popsicle Hotline: The Power of Moments

Lisa Hunt & Sam Copland

In a hotel in Los Angeles, next to the pool, there is a red phone – a popsicle hotline. It's the reason why guests delightfully recall their time there as extraordinary. Memories of other hotel details quickly fade, but the carefully created moment of discovering the popsicle hotline has left guests with a powerful memory that leaves a lasting impression and results in five-star reviews. What is your program's popsicle hotline? In this workshop we'll explore the power of moments in adventure experiences, both for us as practitioners, and in the design and implementation of moments - both crafted and organic - that amplify our customers' experiences and create powerful takeaways.



Lisa is a High 5 Trainer and Manager of Team Development. Her expertise in program design and facilitation skills has been developed over 20 years of training, programming and consulting with schools, camps, and organizations around the world. She has co-authored 5 publications in the field.



Sam joined High 5's Edge of Leadership team in July of last year. She has been teaching social and emotional learning primarily with middle school students for the past six years.

SEL through BOOMWHACKERS: Connecting People through Sequenced Musical Experience

Greg Urban

Whether a former band/choir kid, a self-taught guitar guru, or a self-professed 'two left feet and no rhythm' kind of person, this workshop is designed for you! In this interactive workshop, we will explore how the use of structured, intentionally-sequenced experiential activities can be leveraged to teach the most complex of patterns: music. This workshop seeks to build rhythm and pattern skills in an experiential way, and then implement them in a group ensemble setting: with Boomwhackers! We will also touch on the connections to Social-Emotional Learning and reflection questions for use in elementary and middle school music classrooms.

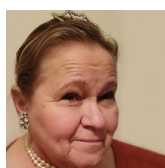


Greg grew up in Chicago, went to school in Oregon at OSU, and now resides in Boston, Massachusetts, where he plays at Project Adventure as a trainer, youth facilitator, & calendar king. Greg enjoys hammocking, playing board games, and ringing handbells in his time away from PA. He firmly believes in the power of play, music, and imagination in human connection, and relishes the adventure of the everyday.

"I'll Be Brief"

Shirley Sutton

Dozens of ways to brief and debrief groups. The tried and true and the new to you. Individuals will have the opportunity to experience many prop and prop-less methods, share variations, new ideas, and their own favorites. Bring a camera or phone for visual reminders.



An Adventure Education student of Nicky Hall, and under her guidance as my first Ropes Course Director thirty years ago; plus as High 5's first client, attendee, and presenter at the first symposium twenty years ago, I return in my 70th year to share one more time!



Session #3 • 3:15-4:45

How Understanding Conflict Theories Can Make You a Better Facilitator

Phoebe Connolly

This workshop will review a number of theories of conflict resolution and conflict styles. The goal is that participants gain a basic understanding of these theories and how having an understanding of these theories can improve one's facilitation of activities and processing of a group or individual's experiences. The workshop will be interactive and include discussion, personal inventories and scenarios.



Phoebe has a Masters in Conflict Transformation with a focus on Youth Leadership as well as a Masters in Applied Behavior Analysis and School Counseling. She has designed and implemented youth leadership and peace building programs in Vermont and around the world. She currently works as a School Counselor in Southern Vermont.

Success in Seasonal Staffing

Alicia DeHart

Seasonal employers face unique hiring challenges. Alicia's five key points to help ensure success in hiring, training, and retaining seasonal staff is targeted to seasonal summer camp and outdoor/adventure education organizations. However, anyone hiring seasonal staff will benefit. Develop a plan for success to hiring seasonal staff NOW!

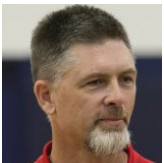


Alicia is a seasoned camp director with a passion of positively impacting camp staff. Alicia's primary goal is empowering staff to grow personally and professionally through their work at camp.

Implementing Social Emotional Learning (SEL) Strategies Into Physical Education

Timothy Abraham

This program will address common SEL issues that individuals are faced with in today's educational setting. Activities will deepen participants' understanding of core SEL competencies and allow them to improve curriculum development and instructional practices making for a more inclusive and effective student learning experience.



Timothy is Department Chair & Assistant Professor of Wellness & Adventure Education at Utica College (NY) teaching a variety of adventure-based, physical education, and exercise studies-related courses.

What's Your Excuse? A Journey On The Path of Least Resistance

Hanne Bailey

Excuses. We are full of them! For every task, goal or dream we might have numerous excuses for why we don't start or reach them. Let's poke some fun at ourselves by playing a game and hopefully navigate our way around the path of least resistance.



Hanne (Pronouns: she, her, hers) has enjoyed working in the realm of education for the past six years. She is an outdoor adventure enthusiast and lover of learning.

Challenges People of Color Face within the Field of Adventure Education

Dat Tran

This workshop focuses on the challenges people of color face within the field of outdoor education. We will shed light on problems and consider solutions for our work. In reflective conversations, we will listen deeply to each other's experiences of race and color in our field.



Dat Tran is an undergraduate student at Plymouth State University studying Adventure Education. He's striving towards bringing more diversity into the field by integrating reflective conversations while providing learning opportunities for others.

A Free For All With Adventure Free Play

Rich Keegan

Come help us make a case for the use of free play for all ages on the challenge course, in the classroom, the gym and during any outdoor program. Be prepared to create a free for all with free play during this workshop. We hope you will be empowered to create some open space for free play in all of your programs.



Rich is the author of "Global Games for Diversity Education." He is a Trainer and Program Designer for High 5 Adventure Learning Center. He also taught PE/Adventure Education for 26 years in Simsbury Public Schools. During this year's Jeopardy! The Greatest of All Time Tournament Rich got a question correct that none of the champions could answer. It was the only question he answered correctly during the 4-day tournament.



Announcements:

- Please join us in congratulating the recipient of this year's High 5 Outstanding Practitioner of the Year Award to.... ? right after lunch.
- Our silent auction raises funds to benefit the Summer Edge of Leadership Program. Please consider bidding on an item or two! Auction bids close at 4:55 pm.
- Interested in attending the Edge of Leadership Summer High School Program with your students? Talk to a High 5 Staffer and pick up an application at the sharing table.
- Sharing Table: Across the lobby from the registration table. Check out information from other programs, look for job postings and other opportunities for personal and program development.

Thank you presenters!

Your donated time, talent and wisdom help to make our Symposium an unforgettable experience.



High 5 Adventure Learning Center 2020 WORKSHOP CALENDAR

Adventure Basics: **Level 1** Training

April 22-26, May 11-15, July 13-17, Aug 10-14, Sept 30-Oct 4

Level 1 Challenge Course Certification Exam

May 16, June 1, Oct 5

Beyond Basics: **Level 2** Training

April 13-16, May 4-7, May 28-31, Aug 3-6, Oct 5-8

Advanced Technical Skills: **Level 2** Review

May 15-16, Sept 16-17

Level 2 Challenge Course Certification Exam

April 17, May 8, May 17, June 1, Aug 7, Sept 18, Oct 9

Managing an Adventure Program: **CCM** Training

April 6-8

Challenge Course Manager (**CCM**) Certification Exam

April 9

Spotters Ready: Broaden Your Low Elements Programming

June 2-3, Sept 15-16

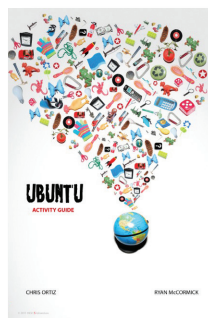
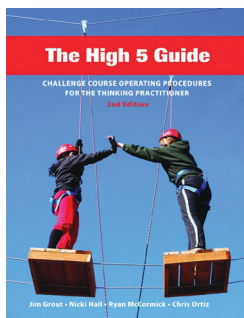
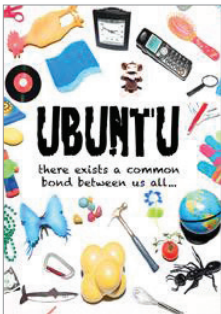
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