



Professional Learning for Teams with High 5 Adventure

High 5 Adventure Learning Center offers professional learning programs that are productive, engaging and have lasting impact. Our offerings are rooted in our 25 years of experience, all in the pursuit of bringing adventure and experiential learning to schools, businesses, therapeutic agencies, and recreation programs.

Creating a Connected Team

Ideal for teams looking to enhance communication, establish trust, and set the stage for success. Whether your team is new, or coming back together after time apart, this workshop is designed to foster meaningful connections that build collaboration and trust. Through interactive exercises and thoughtful facilitation, we'll create a space where team members can deepen their understanding of each other, align on shared goals, and build a solid foundation for working together effectively.



Problem Solving Skills for Intact Teams

This session is designed for intact work groups or teams to improve on collaborative problem-solving. Participants will engage in challenges, using frameworks that enhance critical thinking and decision-making. Additionally, the workshop will focus on communication styles, helping team members understand and adapt to diverse approaches. By exploring these elements, teams will improve their ability to navigate obstacles, foster mutual understanding, and work more effectively together. This hands-on experience strengthens problem-solving skills and results in a deeper connection and cohesion among team members.

Emotions at Work

This session is designed for intact work groups or teams to explore how emotions influence workplace dynamics. Participants will examine critical questions, such as: How do emotions shape our behaviors and interactions at work? How do our assumptions about each other's emotions impact collaboration and decision-making? What are the individual emotional styles and preferences within the team, and how does understanding them enhance team effectiveness? Through conversation, reflection and engagement with High 5's Emotion Cards, teams will gain insights into the emotional undercurrents that drive team dynamics; fostering empathy, adaptability, and stronger working relationships.

The Specifics:

1. All workshops assume a 3 hour time frame
2. All workshops are appropriate for a group size of 8-15
3. A full day may be scheduled at one location, with one topic offered in the morning, and one in the afternoon, or with one topic offered twice in one day.
4. Cost: \$1,200 for one workshop, \$2,000 for two on the same day (in addition to travel expenses).

Interested in bringing these opportunities to your organization? Send an email to info@high5adventure.org or give us a call at (802) 254- 8718 with your area of interest and desired time frame.