



INSIGHT

a lifetime of lessons in one day

[OUTWARDBOUNDCHESAPEAKE.ORG/INSIGHT-YOUTH](https://outwardboundchesapeake.org/insight-youth)

Quickly transform your group into a team through a challenging and fun social emotional learning experience. Our curriculum combines the options of a high ropes challenge course, teambuilding initiatives and reflective discussions to create a powerful day of learning. Each student walks away with transferable skills they can apply to their own life while also strengthening the ability to thrive within a group. This course is suited for youth serving organizations or schools.

Chesapeake Bay Outward Bound School has two locations — Baltimore and Washington DC. Our highly trained facilitators use outdoor environments to help thousands of students achieve more than they thought possible each year. The CBOBS curriculum is tailored for each of our various program types to create the most impact for students. Other programs include wilderness expeditions, professional development for educators, in classroom curriculum delivery, virtual learning sessions, and more.

POTENTIAL OUTCOMES

- Improved communication skills and systems
- Real world skills for problem solving and conflict resolution
- Strengthened sense of confidence gained by persevering through challenges
- Renewed level of trust in personal and group abilities
- Tools to inspire collaboration, achievement of group goals

SAMPLE ITINERARY*

- 9:00 // Arrival, Ice breakers
- 9:30 - 11:30 // Tone set exercise & teambuilding initiatives
- 11:30 // Group reflection & learning
- 12:00 // Lunch
- 12:30 - 2:30 // High OR Low/No ropes challenge
- 3:00 // Unpack lessons and make connections to daily life

*Specific challenges are designed for each group, based on goals unique to the organization. Itinerary is subject to change based on needs of the participants and will typically progress from easier into more difficult tasks during the program.

