

Leadership Programs With OPTIMUM EXPERIENCES



ABOUT US

Optimum experiences has been the leading experiential outdoor education company in the Southern Highlands for 30 years. We strive to create leadership-driven cultures within **schools, organizations, university groups, and sporting teams**. Through the use of carefully crafted Initiatives, High Ropes Challenge Courses and Adventure-based activities as a platform, we aim to promote **personal growth and group development**. Our focus is on helping individuals understand their leadership style and different abilities within teams, develop self-awareness, and elevate their emotional intelligence. Powerful experiences are facilitated to happen in a safe and supportive environment. We use debriefing as a tool to help participants reflect on these experiences, create meaning and consider multiple interpretations to make informed decisions for the future.

OUR CORE VALUES

- **O**ptimism
- **P**rofesionalism
- **T**eamwork
- **I**ntegrity
- **M**otivation
- **U**nderstanding
- **M**aking a Difference



How does it work

OPTIMUM EXPERIENCES

At Optimum, we pride ourselves on a client-centered approach that ensures every school program is meticulously crafted to meet your unique needs. Our process is marked by four distinct, yet interrelated stages: Consultation, Program Design, Program Delivery, and Real-world Transfer.

DEFINE



Our journey with you begins with a comprehensive consultation. We take time to understand your school's specific requirements, expectations, and goals. This allows us to gain insights into your students' needs and the unique challenges your teachers face.

DESIGN



After understanding your needs, we proceed to design your program. This includes extensive safety and reconnaissance work to ensure a safe, engaging environment. We assess potential locations and risks, plan contingencies, and create a personalized curriculum. Each program, aligning with your vision, is unique and fosters bespoke learning experiences.

DELIVER



Our experienced facilitators then take the reins for the program delivery. They implement our programs, ensuring each participant is engaged, inspired, and empowered. Drawing on their wealth of expertise, they provide guidance and mentorship, fostering a safe, challenging, and supportive learning environment.

DEMONSTRATE



The ultimate value of our programs lies in their applicability to everyday life. Thus, our process culminates with the real-world transfer stage. We facilitate regular debriefing and reflection sessions to help students and teachers extrapolate personal insights and apply the skills they've gained in their daily lives.

Program Types

We currently offer **4 types of leadership programs**, each of which can be tailored to the clients needs and educational outcomes. They can also be run in a variety of locations, however Fitzroy Falls is our preferred site as it allows us to access all of our leadership initiatives.

- **BELBIN Jump Start** - A personal development program to help the transition of young people from school into the workplace.
- **Life Ready** - For government secondary schools to complete their 25 hour life ready component. The program aligns with Life Ready learning objectives and students have the opportunity to learn from our wide variety of guest speakers.
- **Taste of Leadership** - This program focuses on leaderships skills and aims to load participants 'tool box' with transferable skills that can be used in their daily lives.
- **Leadership Expeditions** - There is the option for our Taste of Leadership programs to feature an expedition element, allowing participants to put their learnings into practice.

BELBIN Jump Start

Maximise your Potential

We are proud to be accredited BELBIN team roles providers. Targeting year 11/12 students entering their next stage in life, this program encourages individuals to push themselves physically and emotionally through engagement and adventure - in turn, building self awareness and confidence. Whether it be job/apprenticeship applications, writing personal statements or simply improving general wellbeing, BELBIN Jump Start will set you up for success.

PHASES

1	QUESTIONNAIRE	Students and their observers complete an online questionnaire
2	REPORT FROM RESULTS	A report is created from the results of the questionnaire, outlining students strengths
3	WORKBOOK	Workbooks are utilised to reflect on reports, and to plan future goals.
4	TOOLS & STRATEGIES	Through problem solving initiatives, learnings are put into practice
5	PHYSICAL TOOLBOX	A toolbox of learnings and reflections is created, including action plans for the future.

KEY OUTCOMES

- Understand and develop their sense of identity
- Identify and manage their strengths and allowable weaknesses in group situations
- Project themselves in the best possible way in interviews, in their CV's and at work
- Make well informed "next step" study and career decisions
- Make them more effective team players - vital in the 21st century workplace

LIFE READY

Life Ready is a mandatory 25-hour course designed to prepare and support senior students as they encounter situations related to health and safety, as they become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school.

At Optimum Experiences, we design a leadership program based on Life Ready's six relevant and contemporary learning contexts. This program is designed to equip senior students with skills to confidently transition into the post-school environment such as employment, vocational training, trade, or further education as well as participation and independence in the community. To lead healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

The program also focuses on loading the toolbox with skills such as goal setting, debriefing, feed forward, conflict resolution, and problem-solving processes which could find direct application in their lives.



BENEFITS OF PLANNING A LIFE-READY PROGRAM WITH OPTIMUM:

- Experiential programs which help students practice skills on the go
- Opportunities for participants to take up leadership roles within activities that help them understand their own leadership style and how they may have to adjust their style to mobilise a group of people towards a common goal
- Expert facilitators and guest speakers who add great value to the program with their wisdom and knowledge
- The 25 hour requirement is fulfilled in an active, engaging 3 day block, in comparison to multiple classroom sessions.

TASTE OF LEADERSHIP

This program is designed to help students reflect on personal challenges, vision, team cohesion, and group support. Students are provided with ample opportunities to demonstrate their ability to lead, support other leaders, work as a team, and build strong relationships within their team. They will be presented with challenges that will push them out of their comfort zone which teaches them how to deal with change while becoming more productive and creative.

The program equips students with tools such as

- **Loading a physical toolbox** - A reflective tool which allows the students to create their own personal framework on how to approach challenges which they can refine depending on the situation.
- **Feed Forward** - A tool to help students be more proactive towards growing within their leadership role and embodying a culture of responsibility and initiative.
- **Debrief/Reflection** - Students understand the importance of reflecting on experiences to help develop their skills and review their effectiveness.

ACTIVITIES	OUTCOMES
<p>STRATEGIC PLANNING</p> <ul style="list-style-type: none">• River Crossing and Box on Box	<ul style="list-style-type: none">• Learning to adapt a coaching leadership style to help everyone achieve success• Increased ability to trust team members capabilities• Learning to allocate roles when undertaking team tasks• Understanding the importance of processes during time pressure• Learning to set team goals and targets that are challenging yet achievable• Embracing creativity within a group environment
<p>COMMUNICATION & INTERPERSONAL SKILLS</p> <ul style="list-style-type: none">• Pipeline and Grids	
<p>SITUATIONAL LEADERSHIP</p> <ul style="list-style-type: none">• Get Out of This	
<p>HIGH WIRE ELEMENTS - EMBODYING VISION & COURAGE</p> <ul style="list-style-type: none">• Transporter and Leap of Faith	
<p>CULTURE IN LEADERSHIP with GADHUNGAL MURRING</p>	
<p>EVENING ACTIVITIES</p> <ul style="list-style-type: none">• Corroboree• Paper Fashe	

LEADERSHIP EXPEDITIONS



This experience features an expedition element within a leadership program. A 2-day leadership program prepares participants with the skills and knowledge necessary to carry out a successful 2-day expedition. Simply being immersed in the outdoors allows you to feel present and connected in a distraction-free environment. As well as learning **interpersonal** and **intra-personal** skills, participants gain knowledge in **navigation** (map and compass reading), **meal planning** and **equipment prep**. Participants have plenty of repeated opportunities to put skills into practice throughout the program.

BENEFITS OF LEADERSHIP EXPEDITIONS

- Participants gain real-life skills in setting and achieving goals, and problem solving while working together
- Self-Awareness of both their individual and team strengths to help navigate challenges
- Build effective communication and conflict-resolution skills that can be applied within their leadership role at school and beyond

AWARENESS & SKILLS BUILDING

Through a series of problem-solving initiatives, participants build awareness of their leadership styles, how they work with other people, how they build relationships and how they handle challenges. Skills-based workshops help them learn the skills necessary to feel confident to lead people in an unfamiliar environment.

EXPLORATION

Participants plan and execute their expedition with a focus on trailing skills learned over the past 2 days. Everyone leads a part of the journey, identifies the relevance of their leadership skills in a given situation and refines them if need be. Through expert led facilitation and debriefing, skills learnt are transferrable into the real world.

How to book your program

With Optimum Experiences

It is important to remember that this is merely a guide to what we can offer your school. We are a completely mobile company that prides ourselves on tailoring bespoke programs for all our clients. For an idea on just some of the other programs on offer look below;

- School incursions - we come to you
- Leadership programs for teachers and staff
- Future Leaders program
- Boys to Men programs
- 5 - 12 day intensive leadership courses

Just to name a few.



Once your program has been booked you will receive access to our VenueLife events portal which has the ability for any organising teacher to manage the entire camp from one location.

- You will be able to send online medical and dietary form links
- Print customised reports
- Organise activity groups and rooms
- Conduct bus check in's

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