



GET OUT!

An Occasional E-Newsletter From Think Outside

Horses, Rock Climbing, Rafting and Youth Development!

Really, We're Serious...

Last month we had 3 days with about 15 high school juniors. Working for the Adventure Sports Institute at Garrett College, we designed three days of adventure sports programming that would help highlight leadership and team lessons. While the focus of these days was on having fun and introducing new experiences, we were asked to layer in reflection and discussion. We had a wonderful time with these young people and were able to both have fun and intentionally focus on drawing out lessons.

The first day participants went rock climbing. After learning the basics of safety, the participants divided themselves into small groups. Their tasks were to climb up to 4 different routes, and, when they weren't climbing, to provide coaching to their team mates. Over lunch we talked about what coaching was, what the experience of coaching was like, and what it was like to coach their peers. As a couple participants noted, the coaching that felt the best and seemed most successful was when it was specific and when it incorporated information the climber couldn't really see from their perspective. For example, literally pointing out holds or helping support the climber as s/he went for a difficult hold. In the afternoon, participants belayed each other. The rope became a visible symbol of trust. Participants exclaimed that belaying one another forced them to trust each other more.

On the second day, we were at Broken Spoke Stables. We were set to 'play' with the horses all day and through several 'games' to learn more about communication and body language. In the first exercise, participants observed horses that didn't know each other roaming free in an arena. They noted different kinds of behavior and picked out the leaders in the herd. This exercise heightened participants' senses and got them thinking about body language and how we communicate. In the second exercise we built on these observations by teaching participants how to communicate with a horse without lead lines or halters. In this case, the participants were working on making their body language clear and assertive without being aggressive, and asking the horse to move around a round pen. This experiential learning clicked particularly for many of the young ladies who noted that if you wanted people to follow you, "you need to be clear and confident." At the same time, there was plenty of

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"In the absence of all the rules and regulations that have already been defined as the correct way of doing something, our **right(side) mind** is free to think intuitively outside the box, and it creatively explores the possibilities that each new moment brings....it is spontaneous, carefree, and imaginative." - **Excerpt from *My Stroke of Insight* by Jill Bolte Taylor, Ph.D.**

Get in touch with your right brain... come Think Outside with us!

UPCOMING THINK OUTSIDE WORKSHOPS

A Walk in the Woods: Stress Relief Techniques in Nature
October 2, 2009 9 to 12

Organizational Culture: What is it and Why you Should Care?
September 22, 2009 5:30pm to 8:30pm

Break Through Thinking for Today's Challenges
November 5th and November 12th
5:30 to 8:45pm

Your Communication Style and Developing your Team: An Equine Assisted Course
October 3, 2009 9 to 4pm

Register for above courses through Garrett College Continuing Education. For more information and course descriptions see www.ThinkOutside.Net

opportunity for trying to create warm relationships with the horses. Participants continued building on their skills to communicate with their bodies and read the horses and their team mates by playing horse bowling and red light green light with the horses. As one participant noted, "I had a lot of fun, but also realized how much we say without saying a word."

Our final day and the highlight for the kids was spent rafting and in duckies (1 person rafts) at the Adventure Sports Center International. The world class, man-made white water course provided an easy opportunity for us to talk about teams versus cliques. The participants were broken up into groups to paddle with; each raft had to perform certain maneuvers and raced down the course. Despite some tense moments at the beginning, the participants all did a terrific job and learned to work with their fellow rafters whether or not they had been friends before.

At the end of the three days, participants had had an 'amazing time', a great chance to experience new activities and had even learned a little something about themselves, their classmates, teams, communication and trust. Now that is outside of the box youth development!

Garrett County Events in August

GET OUT!!

August 5th - Bonfire Extravaganza
Deep Creek Lake State Park (8:30 - 10:15 pm)
Every Wednesday night until August 19th. Contact:
AllEarthEcoTours.com, 301-746-4082.

August 6th - Dogsledding Presentations and Kennel Tours
McHenry
Husky Power Dogsledding Home Kennels, located near the Wisp in McHenry. No reservations needed for this day (only). Admission fee. Contact: www.HuskyPowerDogsledding.com, 301-746-7200.

August 6th - 9th - Western Maryland Tennis Championship
Mountain Lake Park Tennis Club (9:00 am - dark)
Watch four days of consecutive tennis during the USTA sanctioned event held on four red clay surfaced courts. Contact:
www.mlptc.org.

August 8th - 4th Annual Deep Creek Chili Splash
Wisp Resort (11:00 am - 6:00 pm)
The official chili cookoff of Deep Creek Lake. Music, games, fun, and chili! It's gona be hotter than ever. Entry fee. Contact:
www.WispResort.com, 301-387-4911.

August 8th - 16th - Garrett County Fair
Garrett County Fairgrounds

Truly an agricultural fair! Nightly musical entertainment, tractor pull, mud bog, demo derbies, 4-wheel pickup pull, carnival rides, and games. Something for everyone. Admission fee. Contact: www.GarrettCountyFair.org.

August 14th - 16th - Western Maryland Amateur Golf Tournament
Oakland Golf Club

No admission charge for spectators. Amateur tournament open to the public. Participants play Friday and Saturday, no handicaps and flighted for Sunday after two-day scores. Contact: www.GolfAtOakland.com, 301-334-3883.

August 15th - 16th - U.S. Rafting National Championships
Adventure Sports Center International.

Contact: www.AdventureSportsCenter.com, 301-387-3250.

August 16th - Wisp Outdoors Water Winch Series
Wisp Resort

Contact: www.WispResort.com, 301-387-4911

August 22nd - Country Fest and Auction
Garrett County Fairgrounds

A family event! Quilts, crafts, wood furniture, baked goods, produce, gospel music, craft and farm demonstrations, pettin zoo and more!
Contact: www.CountryFest.org, 301-245-4564

August 22nd - Yough River Fest

Friendsville Community Park (3:00 pm - 10:00 pm)

Learn about and benefit from the Youghiogheny River, while enjoying a day of bluegrass music, tubing race, contests, and vendors. Admission fee. Contact: 301-746-5253.

August 23rd - Mountain Top Saddle Club Open Show

Garrett County Fairgrounds (show starts at 9:00 am)

Free to watch. Contact: 301-616-0157

August 29th - 30th - Wisp Mountain Bike Weekend

Wisp Resort (9:00 am - 4:00 pm)

Wisp Resort hosts a weekend of MTB Racing, short track, dual slalom, xc, and downhill. @20 per event or \$65 for all four events. Contact: www.WispResort.com, 301-387-4911.

About Think Outside

Think Outside is an innovative business consulting firm dedicated to helping organizations and businesses excel. Our particular focus is creative strategy development and the support, leadership and team development which ensure organizations successfully implement these strategies. From our training to our planning processes, we get you out of your boxes - literally and figuratively! [Read more](#)

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