



AW facilitator resource kit.

CHALLENGE DISCUSSION

purpose.

Challenge will be peppered all throughout every AW program and will take on different forms for different participants. This discussion is about opening a dialogue about challenge and creating awareness about the different challenges we all face, both individually and as a group.

delivery.

Facilitators can use the below methods, or modified versions of them, to discuss challenge at any point during a program. When a dedicated session is carved out, below is the recommended way to run it:

example session.

(60-90min)

Prime (10min) the group using the level one statements from the [Comfort Zone Circle Activity Card](#).

Pump (30min) by setting up three circles or cones in a row, about 5m apart. One circle will represent the **past**, one will represent the **present** and one will represent the **future**. Brief up the activity, using the following as a guide:

"In front of you there are three circles. This one represents past challenges; this one represents current challenges and this final one represents future challenges. In a moment, I'm going to invite you to take a minute to think about ONE past, current or future challenges you are facing. (OPTIONAL: This is a great moment to inject a story of your own, modelling the activity by moving to the appropriate circle and sharing a challenge of your own. This can drop a group into the space and demonstrate the kind of sharing that is allowed.) Once you have thought of one, move to the corresponding circle."

Once participants have all stood by a circle, you can invite them to share what challenge they choose. Start with one person standing in the past circle, then hear from someone from current, then future.

Facilitators might choose to either hear more stories from that first round or invite participants to think of a different challenge and move to another spot.

Peak (20min) gather the group in a circle, send the talking stick around and ask the question "what's the biggest challenge you have ever overcome?". If you have time, you might choose to follow it up with, "what strengths did you need to draw on to navigate that challenge?"

Facilitators can also progress the Comfort Zone Circle activity before a challenge, such as the abseil. This creates an opportunity for participants to see, on a human spectrum, how their peers experience challenge for different activities. For example, someone who feels completely unchallenged by the abseil, may be pushed toward the panic zone before a caving activity. Bringing physicality and visibility to a discussion about challenge can help break down some of the barriers to vulnerability and sharing.

success looks like.

- ✓ Participants engaged in all levels of activity and discussion
- ✓ Participants demonstrated comfort levels that allowed vulnerable, open sharing
- ✓ Participants can observe both the diversity and commonality of challenge. There is a breaking down of the idea that "I am alone in this or I am the only one experiencing challenge right now"
- ✓ A more connected group