



QUEST

EMPOWERING TEENS THROUGH ADVENTURE

Quest is an adventure-based empowerment program designed especially for teens. This 10-session program for rising 6th through rising 12th grade students promotes increased self-confidence and self-awareness through a supportive community experience of growth.

Program Overview:

Teenagers face enormous challenges: adjusting to new schools in 6th grade and again entering 9th grade; the physical and emotional challenges of adolescence; bullying and cyber-bullying in an increasingly digital existence disconnected from real life and face-to-face experiences; and facing intense pressures to conform, just to name a few.

Quest is a 10-session experiential learning program designed to support young adults at a time in their lives when building a foundation of self-belief and a positive social network are critical. Groups of 8-12 participants will meet together as a "Tribe" on a weekly basis. Together, they will encounter adventures and group challenges, all facilitated by trained staff and designed to serve as catalysts for self-discovery, personal growth and the development of a supportive community.

A Typical Week:

The Tribe opens the session with a short group meeting where Tribe members affirm their commitment to support one another. Tribe members then attempt to conquer an obstacle-based challenge such as the high ropes traverse with the help of their fellow Tribe members. Our debriefing session explores the dynamics of trust and trust-worthiness and how each concept will impact Tribe members' experiences throughout Quest.



The Curriculum:

Inspired by Joseph Campbell's description of the "Hero's Journey," our curriculum invites participants to accept a "call to adventure," supports them as they encounter transformational struggles, and welcomes them into community as they "come through" a safe and empowering completion of a quest.

PHASE I: EMBRACING ADVENTURE

The first phase of our program blends adventure-based challenges and team-building initiatives with the goal of building community within the Tribe.

Week 1: A Call to Adventure: Accepting the invitation.

Week 2: Building Trust: Building a foundation of support.

Week 3: Building Community: Discovering the power of encouragement.

PHASE II: ACTIVATING POTENTIAL

The second phase of our program will help Tribe members begin to develop their sense of self-awareness and self-belief, and to trust their own authenticity. Challenges introduce and enhance mindfulness, presence and self-reflection.

Week 4: Awareness: Distinguishing self from thoughts and emotions

Week 5: Presence: Introducing self-awareness and mindfulness through breathwork

Week 6: Courage: Sharing authentic feelings and emotions

Week 7: Authenticity: Embracing self

PHASE III: COMING THROUGH

The third phase of the program will include a significant group challenge, punctuating Tribe member's individual experiences of self-discovery with an empowering, safe, and supportive completion of a quest.

Week 8: Quest: Scavenger Hunt/Obstacle Course Challenge

Week 9: The Road Back: Debriefing the Quest

Week 10: Returning Home: A Celebration

Program Format/Logistics:

Tribes: The program is designed for small groups of rising 6th graders through rising 12th graders, who will be combined into Tribes of 8-12 participants of the same gender and approximately age. Tribes may be comprised exclusively of participants from the same school, church, synagogue, team or youth group if there are a sufficient number of participants from such group to make up a Tribe.

Sessions: Quest includes 10 sessions led by trained Kinetic Heights staff-members and occasional guest presenters along with at least one weekend "workshop" session led by an outside presenter on a relevant topic. Most sessions will be approximately two hours.

Guides: Tribes will be accompanied by an adult parent, teacher or chaperone who will act as a "Guide." The Guide serves as an adult resource for the Tribe members during the sessions, helping participants navigate the challenges of the program. The Guide will receive coaching and direction from Kinetic Heights but is not expected to lead the sessions. In addition to the rewarding experience of accompanying Tribe members on this transformational journey, Guides will receive either a stipend or free tuition for one participant. Guides must be approved by program coordinators.

Time and Place: Sessions will be held on weekday evenings from 6:30 to 8:30p.m., and on Sunday afternoons. All sessions will be held at Kinetic Heights.

Investment: \$325 per participant, with a minimum of 8 participants per Tribe.

