

## ADULT LEADERSHIP PROGRAM

### LEARNING OUTCOMES

<b>Personal Development Outcomes</b>	<b>Leadership</b>	Ability of making thoughtful decisions about the team's mission and goals, and properly allocate resources to achieve those directives. Valuable leadership skills include i.e. the ability to delegate, inspire and communicate effectively. Adults will also be able to analyse and understand their personal leadership profile with a profiling tool.
	<b>Perseverance and Resilience</b>	People will have the opportunity to build and strengthen their capacity to persevere through difficulties and toughness. Strengthening inner resolve helps immensely when faced with challenging situations in modern life.
<b>Team Development Outcomes</b>	<b>Interpersonal Communication</b>	The ability of each individual to articulate and express themselves more confidently and openly with people of a similar age and stage. This extends to collaborative interactions, and the ability to establish and maintain positive relationships with others.

The Outward Bound course will be a 5 days journey-style experience for adults. All the course activities will be conducted in a group. Challenging adults as a group, and with individual initiatives and tasks, will provide them a lot of chances for social interaction and development of their communication skills. The learning process will include reflection on social behaviours within the group. The students will be engaged in activities, which would challenge as a team, but also on a personal level. Those would be thought provoking experiences through which people can identify their strengths, weaknesses and recognize their positive behaviours.

Adult courses are also a fantastic way to meet likeminded people also interested in bringing out their best selves and discovering their hidden potential, and friendships can last for many years after such meaningful and positive experiences.



## SAMPLE PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5
Morning	Icebreakers Intro. to Outward Bound	Soft Skills Workshops: Introduction to Leadership Expedition Kayaking	Expedition Roles	Natural Rock Climbing	Final Review Transfer & Action Plans Cleaning & Showers
Lunch	Canteen	Packed Lunch	Packed Lunch	Packed Lunch	Canteen
Afternoon	Rock Gym / High Ropes Expedition Planning	Kayaking Shoreline Exploration	Tyrolean Traverse	Service Learning	Travel Home
Dinner					
Evening	Soft Skills Workshops	Campfire Skills	Evening Group Work	Evening Group Work	
Sleeping	Camping	Camping	Camping near Beach	Dorms	



**OUTWARD BOUND  
VIETNAM**

## HÌNH ẢNH MỘT SỐ HOẠT ĐỘNG



**Kayaking**



**Services Learning**



**Tyrolean Traverse**



**Camping**