

EXPERIENTIAL EDUCATION: KEY TO PEAK EFFECTIVENESS

Learning By Doing

Peak Performance!™ programs are highly effective. Why? The answer is in our distinctive use of *experiential learning* methods. Experiential learning is learning by doing—one learns as a result of direct, hands-on experience gained through guided exploration and problem solving. Activities are the heart of the experiential learning process.

Fully Engaged

Activities in Peak Performance!™ programs involve adventure, excitement, and heightened emotions. Participants inevitably find themselves *absorbed* in activities and deeply invested in outcomes—a perfect situation for learning. When individuals are fully engaged—physically, intellectually, and emotionally—in discovering information, they *learn more...*and they *retain more* of what they learn.

An Ideal Context

Climbing walls, high and low challenge courses, and our repertoire of challenging games and exercises provide an ideal context for individuals to discover new information and try out new behaviors. Participants can experiment with solutions to real-life situations without real-life consequences. The learning process is accelerated because feedback is immediate, concrete, and visible to all.

Enduring Discoveries

Participants transfer their learning to their everyday lives with the help of facilitated discussions and other reflective activities. Peak Performance!™'s experienced staff guide the participants in their exploration. Shaping activities and helping participants reflect upon their experience, Peak Performance!™ staff work to ensure that participants derive the greatest possible benefit from a program and internalize the lessons learned. And discoveries endure when made in the midst of exhilarating, unforgettable accomplishments.

Lasting Results

TEAMWORK IS THE FUEL
THAT ALLOWS COMMON PEOPLE
TO PRODUCE UNCOMMON RESULTS

Adventures for Higher Achievement

TEAMWORK

PEAK PERFORMANCE!™ PROGRAMS ... MORE THAN ADVENTURE

Positive Change

The first thing you might remember about a Peak Performance!™ program is the excitement...or the adventure...or the great fun you had. However, the effects of these adventures run much deeper. Significant, positive, lasting changes in individuals and communities--that's what Peak Performance!™ programs are about.

Crucial Skills

In a supportive atmosphere, participants in Peak Performance!™ programs gain new skills and enhance existing ones. *Skills crucial for success in life*--communication, problem solving, team work, appropriate risk taking and goal setting--form the foundation of Peak Performance!™ activities.

New Attitudes

Peak Performance!™ programs offer new perspectives. Through cooperative learning, participants develop more positive attitudes toward people. Working together to solve common programs, they learn the value of diversity; they learn to appreciate the contributions made by others, and they come to experience the joy of supporting other people in their endeavors.

Self-Insight

Peak Performance!™ programs help individuals gain insight into themselves. When personal boundaries are stretched, new strengths are uncovered. With renewed spirits, heightened self-awareness, and increased confidence, individuals learn to recognize and take responsibility for self-limiting behaviors.

Lasting Change

The exhilaration and fun of Peak Performance!™ programs may be unforgettable, but equally enduring are the new skills, attitudes, and self-discoveries that are learned. Our clients regularly report significant, positive, lasting change in participants. And that's what's most important:

Peak Performance!™ Leadership programs that work!

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