

TA for Outdoor Education 11 May 2008

What's the benefit in exploring, learning and absorbing TA concepts in a practical outdoor environment?

TA provides an effective metaphor for personal learning and development. Activities and the outdoors can provide a medium for learning that can be impactful and insightful. And being in the outdoors stimulates us all physiologically and spiritually. .

A combination of practical group tasks and choice of personal challenge tasks will be offered to generate group discussion and reflection of personal and interpersonal growth. The group will be invited to overlay TA concepts onto the experiences.

The programme is aimed at anyone with an understanding of TA, whether basic or sophisticated who wishes to explore and experiment with this psychological approach in an outdoor activity environment.

Activities will not require athletic abilities, rather an enquiring mind. The day will be facilitated giving participants good choice and control.

Timings 1030 - 1700