



# Adventure is Our Classroom

Experience. Learn. Grow. Change.



CAN'T WAIT TO TRY THIS! **I'M SCARED. WHAT IF I FAIL?** I WONDER IF ANYONE  
ELSE IS NERVOUS ABOUT THIS... **I THINK I CAN DO IT.** DON'T FREEZE?



PANIC  
LEARN  
COM  
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Experience. Learn. Grow. Change.

COMFORT  
LEARNING  
PANIC

It can be hard for young people to leave their comfort zones. When facing an unfamiliar experience, some show off, and some hang back. Some scoff, and some question. And all of them worry about what their peers think.

Challenge Discovery's unique programs are designed to coax diverse groups of participants out of their comfort zones and into the **Learning Zone**. In this mental state, curiosity awakens. Effort is required. Success and failure are equally possible — and the support of a team can make all the difference.

Whether in your school's gym or on the high ropes course, our trained facilitators safely guide participants into a space where they can take risks, feel vulnerable, and trust each other. That's the power of Challenge Discovery.

**COMFORT**

**SAFE. EASY. FAMILIAR. STRESS-FREE**

*How do you feel?* Normal, confident, competent.

**LEARNING**

**CHALLENGING. DIFFICULT. NEW. DIFFERENT.**

*How do you feel?* Engaged, uncertain, curious.

**PANIC**

**OVERWHELMING. STRESSFUL. DANGEROUS**

*How do you feel?* Anxious, worried, frightened.

# WHO

**IS CHALLENGE DISCOVERY?** We pioneered experiential learning and team building in Richmond, Virginia more than 35 years ago, and since then we've provided life-changing experiences for hundreds of local school, college and community groups.

Our programs have been imitated by some, but never successfully duplicated. Challenge Discovery is more than just a fun team building activity; it's a powerful experience that serves as a catalyst for positive change.

# WHAT

**IS EXPERIENTIAL LEARNING?** Experiential learning means, very simply, *learning by doing*. At Challenge Discovery, we believe that experiential learning is the path to big life changes. The most effective way for your group to learn the value of collaboration, risk-taking and trust is for them to figure it out for themselves.

# HOW

**DOES THE PROGRAM WORK?** We customize each group's experience based on the participants' ages, the group size, your available time commitment and your goals.

- **TeamOdyssey:** This series of problem-solving challenges takes place on and around our high ropes course at the University of Richmond.
- **Teaming the Teachers:** Designed specifically for educators, this collaborative program is the only one we offer for adults.
- **TeamMobile:** Facilitators come to your school, church or organization and lead fun activities that improve communication, build trust and bond your group together.

# WHY

**IS CHALLENGE DISCOVERY THE RIGHT CHOICE FOR MY GROUP?** We're committed to delivering effective programs with highly trained facilitators and a thoughtful approach to planning the day for each group. We have a sterling safety record, and we pride ourselves on delivering incredible value for surprisingly affordable rates. Most of all, we genuinely love what we do. For us, nothing is more rewarding than seeing participants help each other, cheer each other, and push past the limits of what they thought was possible.

BY LEARNING ABOUT YOURSELF AND TESTING YOUR OWN ABILITIES, YOU GROW, AND THAT GROWTH CAN LEAD TO LASTING CHANGE. THAT'S THE FOUNDATION OF CHALLENGE DISCOVERY'S **EXPERIENCE. LEARN. GROW. CHANGE.** METHODOLOGY.



### Experience

You've heard people say, "There's no substitute for experience," and that's particularly true at Challenge Discovery. You can't merely watch others; participants must go through the experience themselves. Our experiences are exhilarating and fun, but also challenging to the degree that failure is possible.

### Learn

Adventure is our classroom. Challenge Discovery is first and foremost an organization committed to learning. Instead of presenting lessons, the actions and behaviors of the participants serve as teachable moments. This becomes the foundation upon which learning takes place.

### Grow

During each program, participants are encouraged to take what they've learned and try to apply that knowledge in new ways. This may lead to positive, negative or complicated outcomes, but the most important thing is that they're trying. Taking risks results in personal growth.

### Change

Growth, and the confidence that comes with it, allows people to change old habits and behaviors permanently. Change is a choice. Change takes time and commitment. At the end of each program, participants get the opportunity to behave differently in the future because of something they learned about themselves that day.

## OUR MISSION

1. We promote the building of deep, meaningful relationships based on vulnerability and trust.
2. We help individuals understand the value of working together and supporting each other.
3. We provide opportunities for people to do things they did not think were possible and to feel good about themselves.



## **TWO OPTIONS**

**Team Odyssey**  
**Common Ground**



### **Team Odyssey**

Team Odyssey involves a series of team-building activities both on the ground and in the Odyssey High Ropes Course at the University of Richmond. It is a unique program that pushes both individuals and the group as a whole. Different from other ropes course and zip lines experiences because climbing groups of up to 15 people are guided by one of our highly trained facilitators, supporting and challenging them through the entirety of their climb. This small group size provides an intimate environment for individuals to overcome personal limits and boundaries, practice group support, while building trust, collaboration and a healthy team environment.

The greatest strength of this program is that it forces individuals to get out of their comfort zone by climbing to literal new heights together. Check out Common Ground, for an even more inclusive experience, not involving adventure at height.

### **Logistics**

Program Size: 10-60 participants

Program Length: 3.5-4.5 hours (depending on group size)

Location: Odyssey High Ropes Course at the University of Richmond

Cost for Youth: \$50/participant, minimum \$500 total

Cost for Teachers/Staff groups: \$50/participant, minimum \$600 total



### **Common Ground** **For Youth OR Teachers/Staff Groups**

#### **BUILD A MORE COLLABORATIVE COMMUNITY**

Common Ground is our most versatile program. While we have delivered this program for many years, we spent hundreds of hours in the past several years (since the pandemic) honing our skills, and developing the impact of the program. With a combination of community building exercises, problem solving challenges, and poignant metaphors, Common Ground takes groups to the next level together.

Following a mountaineering metaphor, teams begin at "Base Camp" where exercises help them build relationships and trust; move up the mountain to "Camp 1", where individuals will be challenged to reflect and process the group within the activities; and finally work to reach the "Summit" by taking on small group challenges that require collaboration and utilizing everyone's strengths.

### **Logistics**

Program Size: 10-100 participants

Program Length: 1.5-2 hours

Location: Your school, indoors preferred (Outdoors depending on weather)

Space Requirements: 35-50 sq.ft. per person of clear, open space

Gymnasiums are great!

Cost for youth: \$25/participant, minimum \$500 total

Common Ground is also GREAT for teachers/administrator groups!

Cost for Adults (teachers/staff groups): \$30/participant, minimum of \$600 total





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Contact us at **804.876.9733**

Or visit **[www.challengediscovery.com](http://www.challengediscovery.com)**  
for more information.

POWERFUL EXPERIENCES THAT SERVE AS A CATALYST FOR **POSITIVE CHANGE!**

