

WOMEN'S OUTDOOR INSTRUCTOR DEVELOPMENT PROGRAMME 2025

WHAT WILL WE DO?

The course mostly takes place Monday to Friday and will generally run from 9am – 5.30pm, involving some later finishes or evening sessions each week to maximise learning.

The majority of the course will be run from the Aberdovey Centre where you will be based, with one week's travel to visit another centre (tbc).

Below is an outline of what to expect:

| Week | What's Happening? |
|----------------------------|---|
| 1 | Experiencing Outward Bound <i>Course set up, expedition, Introductions – people, process, places.</i> |
| Weeks 2 – 9 | A combination of the following, order tbc. Mountain/Rock Skills <i>Consolidating ML & RCI skills.</i> Water Skills <i>Consolidating canoe & kayak skills.</i> 3 weeks of Coached Group Experience <i>Build on experience and get feedback, leading a group of young people alongside another OB instructor.</i> Individualised Learning Weeks & Mentor time <i>Opportunities to work on your goals.</i> Solo Experience <i>A solo journey and time to reflect.</i> Psychology and Personal Development <i>Learn more about yourself and moving towards your potential.</i> |
| 26th Jan | Applied Learning and Celebrating Success <i>Land and water expedition, participant led inputs, celebration</i> |