

FJC PD RESOURCE

Overcoming Obstacles

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SUMMARY:	Obstacle course for staff to build confidence and be resourceful, recognize self imposed pressures
TOPIC(S):	Confidence, Increase Resourcefulness
LEARNING OBJECTIVE:	Staff will develop a confidence in asking for help. Staff will learn how to make time for self care and be successful, how to prevent burnout. Supervisors/senior staff will explore the role of helper, not just as an evaluator.
AUDIENCE:	Staff Members of any age
TIMING:	15-20 Minutes
APPENDICES:	
MATERIALS NEEDED:	<ul style="list-style-type: none"> - 2 sets of Plastic ware for 10 (forks, spoons, knives, napkins, plastic plates) - 2 tables - 2 mattresses - 4 sets of wet sheets on the bed and pillows - 4 sets of dry sheets - Garbage bags - Box of Plastic gloves - List of first aid kit supplies for your camp (and several of each item) - Envelopes with names and bunk numbers (50 / unit) - 2 tents in bags (not set up)
SET-UP DETAILS:	

Timing:

0 - 2 Minutes: Instructions

2 - 8 Minutes: Obstacle Course

8 - 15 Minutes: Debrief

Set up: Take time to set out supplies in each station. Instruct supervisors that their role is to stand at each station evaluating the work. They should not tell counselors, but if they are asked for help, they should jump in and help with the task. Their role is to judge each section of the course.

Station Set up:

- 2 parallel obstacle courses set up
- 2 staff members at a time. After reaching halfway point, next 2 staff member go.
- Senior staff members are in between the two parallel stations, evaluating and standing watching each group of two
- Suggested obstacle course Stations:
 - Dining hall - gathering the supplies and setting the table for 10
 - Cabin - address the wet bed situation
 - Health center - refilling a first aid kit
 - Sorting huge pile of mail by bunk
 - Outdoor adventure - set up a tent
 - Do rad hayom or morning or evening ritual.
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Instructions (2 minutes)

Break staff into two teams, one for each course. Let them know that there are 5 different stations and ask them to determine who will be doing each station. Let staff know that there is an obstacle course of every day counselor skills laid out in front of them. They will have 60 seconds at each station, regardless of how much of the task they complete. When the whistle blows, they need to step back (or onto the next task, depending on how many people).

Don't instruct counselors on the following: At any time, if someone is asked to help (either co-counselors or senior staff) they should jump in.

Obstacle Course (6 minutes)

Once each team has determined which staff will do which parts, and staff and supervisors are in position. Blow a whistle to signal the start. Then blow a whistle every 60 seconds to signal that it's time to move onto the next task.

Debrief (5-7 minutes)

After all staff has completed the obstacle course, time for Debrief as a group.

Who is the winner?

- completes all the tasks with highest score (accurate completion of the task)
- Asks for support when overwhelmed

Debrief questions:

- What was/were the most frustrating/challenging components of the obstacle course?
- What pressures did you feel?
- What did you feel good about?
- What is the connection to camp with this obstacle course?
- How did you use the senior staff member at the stations to your benefit? And why?
- In hindsight, what could you have done to complete the tasks successfully?
- What kind of pressures did you impose on yourself or assumptions you made about how this obstacle course works?

Breaking down the role of a senior staff member:

- Senior staff - always there, not interfering in your programming, but it just takes the confidence to ask for help....in fact, if you ask for help, we consider that a success....and likely you will too.
- Trying to do everything on your own is not good for you or anyone else, and you are not able to care for yourself when you are always thinking you are alone in your job.
- Asking for help can give you the time to care for yourself, prevent burnout, and will lead to success.