

Reactive Adaptation: Owning What Was and Moving Forward to What Will Be

Specialty Track 3

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TOPIC (S)	Team Building, Group Dynamics
SUMMARY	In order to be effective in growing and functioning as a team, every moment is an opportunity to process where the team is at (based on what has happened prior to that point in time) and decide how to build on that past. At camp, though, it can be difficult to find the time to go through this process with intention unless there's a clear method in place, so in this session participants explore proven tools and techniques for reactive adaptation (including how to take what they've learned in this track and bring it back to camp!).
GOALS:	Participants will feel confident in their ability to take what they are given and make the most of it. Participants will be able to facilitate team exercises to strengthen reactive adaptation. Participants will understand that value of reactive adaptation (and also think about what proactive adaptation could look like).
AUDIENCE:	15-25 participants, 18+
TIMING:	Specialty Track - 75 minutes
APPENDICES:	Appendix--Shore_SpecialtyTrack3
MATERIALS NEEDED:	Appendix only--see above (share a link to a non-editable version of the Google Doc and have each team make a copy for themselves)
SET-UP DETAILS:	If in person, a large room with enough tables to accommodate teams of 4-6 team members.

SESSION TIMELINE:

Session (75 minutes) -- Reactive Adaptation

- 00:00-00:10 The Know-it-All Brain
- 00:10-00:20 Objectives for the Session
- 00:20-00:35 Ma Nora HaMakom Hazeh (breathing, centering): **Who You Are**
- 00:35-00:50 Discussion: Reactions to this Track--You & Teamwork
- 00:50-01:05 Strategic Action Planning
- 01:05-01:15 Sharing Ideas and final thoughts

SESSION OUTLINE:

00:00-00:10 Session leader explains the guidelines to The Amazing Know-it-All Brain (see Appendix), does an example with three participants, chooses a team of 2-5 volunteers to be the Brain, and then lets the other participants ask questions. If time

00:10-00:20 Session leader introduces the session topic, ABC's for the session, and connects the topic with the opening activity. Session leader also emphasizes the concept that the session itself is a model for how they can run the same or similar sessions at their camp.

00:20-00:35 Session leader facilitates a quick breathing/centering exercise and brief group learning session/discussion connecting teamwork with the concept of individual motivations by using the following points and prompts while reading the room:

- **Teaching:** Pirkei Avot 5:13
 - There are four types of people:
 - One who says, "What is mine is mine and what's yours is yours"
 - One who says, "What is mine is yours and what is yours is mine"
 - One who says, "What is mine is yours and what is yours is your own"
 - And one who says, "What is yours is mine, and what is mine is mine"
- **Discussion Question:** What type of person are you in a team context?
- **Discussion Question:** Which one seems like the situation that is a win-win?

00:35-00:50 Session leader facilitates a group dialogue using the following prompts and reading the room:

- What have you learned about yourself and how you act in team contexts?
- What do you want to keep doing?
- What do you want to change?

00:55-01:05 Session leader provides participants with a copy of the Strategic Action Planning sheet (see Appendix) and gives them 15 minutes to set 3 team-oriented goals for themselves.

01:05-01:15 Session leader facilitates a group dialogue using the following prompts and reading the room:

- What is a goal you created that you are excited about bringing back to camp?
- What are your final thoughts or reflections from our experiences together?