



**ADVENTURE**  
SPECIALTIES TRUST

EST. 1984

# BOOST

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AN **ADVENTURE THERAPY** DAY PROGRAMME  
TO SUPPORT **MENTAL HEALTH AND WELLBEING** IN THE  
WORKPLACE



# SUPPORTING MENTAL HEALTH AND WELLBEING IN THE WORKPLACE

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Are you wanting to strengthen your **sense of wellbeing**?  
Do you feel like your **mental health** could use some input?  
Do you want to **rediscover your strengths**  
and the things that **bring you joy**?

Adventure Specialties Trust is offering  
an **Adventure Therapy** programme for adults  
which is focused on boosting **holistic wellbeing**.

BOOST is a small group of people **spending time outdoors**,  
doing an **adventurous activity**  
with time for **group discussion** and **reflection**  
and a **focus on wellbeing**.

If this sounds good to you,  
keep reading to **find out more about BOOST!**



# PROGRAMME DETAILS

## WHO IS THIS FOR?

Are you struggling with your mental health and wellbeing? Feeling overwhelmed, depressed, stressed, anxious or burnt out? This [Adventure Therapy](#) programme is for people who would like support on your journey towards health and wellbeing.

This programme is open to any adult, but is especially designed for workplace wellbeing and organisations which are actively supporting their staff to participate.

## WHAT DOES THIS LOOK LIKE?

BOOST is a small group programme (up to eight people) where we meet together one day a week over eight weeks to go on a different adventurous activity around Ōtautahi Christchurch.

The activities are weather dependent but could include sea kayaking, rock climbing, bush walking, surfing, high ropes, or mountain biking. Each activity is beginner-friendly, no experience required. We provide any specialist equipment that you will need and lunch is also provided.

The facilitators bring the group together at the start and end of each day, and there will be chances to connect with each other throughout the day and also discuss the Wellbeing Topic of the day (see Programme Content).

## WHAT IS THE KAUPAPA/PURPOSE?

To support you on your journey towards mental health and wellbeing

To offer you tools to support ongoing positive mental health

To improve your mood so you can feel more positive about your future and your effectiveness in the workplace

To help you feel hopeful and positive about the steps you can take towards living a full life

To give you the opportunity to enjoy being in nature, through outdoor activities and experiences

To discuss aspects of life and wellbeing in an open, safe and supportive group

To connect with others in a similar situation



## WHAT PREVIOUS EMPLOYERS SAY

"As an employer that values our people, we were looking for courses or programmes that might **bring out the best in our team**. The staff member who we sponsored on this course **transformed** over several weeks from shy, quiet and withdrawn to confident, charismatic and enthusiastic. Not only did we see dramatic improvements in his work, we also saw **how much happier** he is as a person."

- Nick Mallia  
Mallia Home Centre

## WHAT PREVIOUS PARTICIPANTS SAY

"I have read about how nature does wonders to your mental and physical health, but **to experience it for myself** is a whole other level."

"The connections with people and nature have **lifted my mood dramatically** and allowed me to think more positively about my future."

"**Connecting with nature** is a simple and effective way to help with mental health."

"**I do not feel alone**. I know now that I am not the only person who struggles with work and mental health. I have so many tools now and I know a lot of support exists."



# PROGRAMME CONTENT

We will cover a different wellbeing topic each day. Wellbeing info will be presented by a mental health professional, with the opportunity for facilitated discussion around the topic.

## PRE-PROGRAMME:

### INDIVIDUAL 1-HOUR SESSION

Meet with our mental health professional. Get to know about the course, about us, and go through Medical and Consent form. Discuss goals, hopes and current support structures.

## SESSION 1:

### COMING TOGETHER / WHANAUNGATANGA

Today is about coming together with a bunch of other individuals to build the group that will work together for eight weeks! We explore a bit about how our brains are wired, how emotions and personalities work, and how we can all connect in a respectful group.

## SESSION 2:

### UNIQUELY YOU / WAIRUATANGA

We each have our own strengths, skill sets, interests and abilities that are our super powers in life. We also all have things we value, things we hope for and things we prioritize. Today's session is about reconnecting with who you are and what those things are for you.

## SESSION 3:

### SELF-COMPASSION

Being kind and compassionate to ourselves can be one of the hardest things to do! It can often be significantly harder than being kind or forgiving to others. We explore the idea of being gentle with ourselves.

## SESSION 4:

### MANAGING ANXIETY

Anxiety is an overwhelming feeling of worry which can be debilitating. It can last five minutes or entire weeks. We explore a bit about anxiety and the ways it can be managed and contained.

## SESSION 5:

### MANAGING STRESS AND BURNOUT

Stress can suck the life force out of us until we hit burnout! This week, we look at stress and how to manage it, to protect our energy so that we don't end up burnt out.

## SESSION 6:

### RELATIONSHIPS

We discuss the relationships in our lives: How they are going, what role they play in our lives, how we invest in them and keep them healthy.

## SESSION 7:

### CONFIDENT COMMUNICATION

Some conversations take some courage! We explore what strong relationships look like when they are built on honesty and respect, through communicating needs and boundaries.

## SESSION 8:

### LOOKING FORWARD

To finish off the course, we look at habits and motivation going forward. We take time to celebrate our successes, our hopes for the future, and the closure of the group.

## POST-PROGRAMME:

### INDIVIDUAL 1-HOUR FOLLOW UP SESSION

Meet with our mental health professional again to reflect on the programme, set a wellbeing plan, and discuss your intentions going forward.



# OUR APPROACH

## STRENGTHS-BASED THERAPY

Our conversations and facilitated discussion in our Adventure Therapy programmes are guided by the 'Solution Focused' and 'Strengths Based' model of therapy.

Contrary to what the name suggests this is not about the facilitators offering 'solutions'. It is more about a model of thinking that is more forward focussed – on where you want to go and the skills and strengths you have to get you there. We don't go delving into people's deep personal past or analysing problems. We focus on movement towards your goals, whatever those might be.

## GROUP VS INDIVIDUAL SESSIONS

The BOOST programme is designed as a group programme, however there will also be some individual support. You will meet individually with our clinician/mental health professional prior to the start of the programme so we can get to know you, we can understand your hopes and goals for the programme, and you can ask any questions you have. At the end of the programme, you will have a one-on-one session again, to set a wellbeing plan.

## WE EACH KNOW OURSELVES BEST

It is important for us to acknowledge that any person knows themselves, their situations and their challenges the best. We honour that and facilitate conversations and opportunities rather than telling people what to do. We do not presume to have the answers to all your problems. We are not there to assess, diagnose or prescribe solutions. We are simply here to facilitate an experience where you can connect with nature, with yourself and others, reflect on your life and experiences with the goals of moving towards your own goals.

## CHALLENGE BY CHOICE

Challenge is definitely a part of our programme, and each activity or environment will challenge everyone in a different way. It is really important to us that you choose your level of challenge. For some, this will mean not going very high when rock climbing, or not going very far on your bike. Perhaps you would rather simply sit and enjoy nature. That is ok, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available and make it really clear where choices are not practically possible.



## CONNECTION WITH NATURE

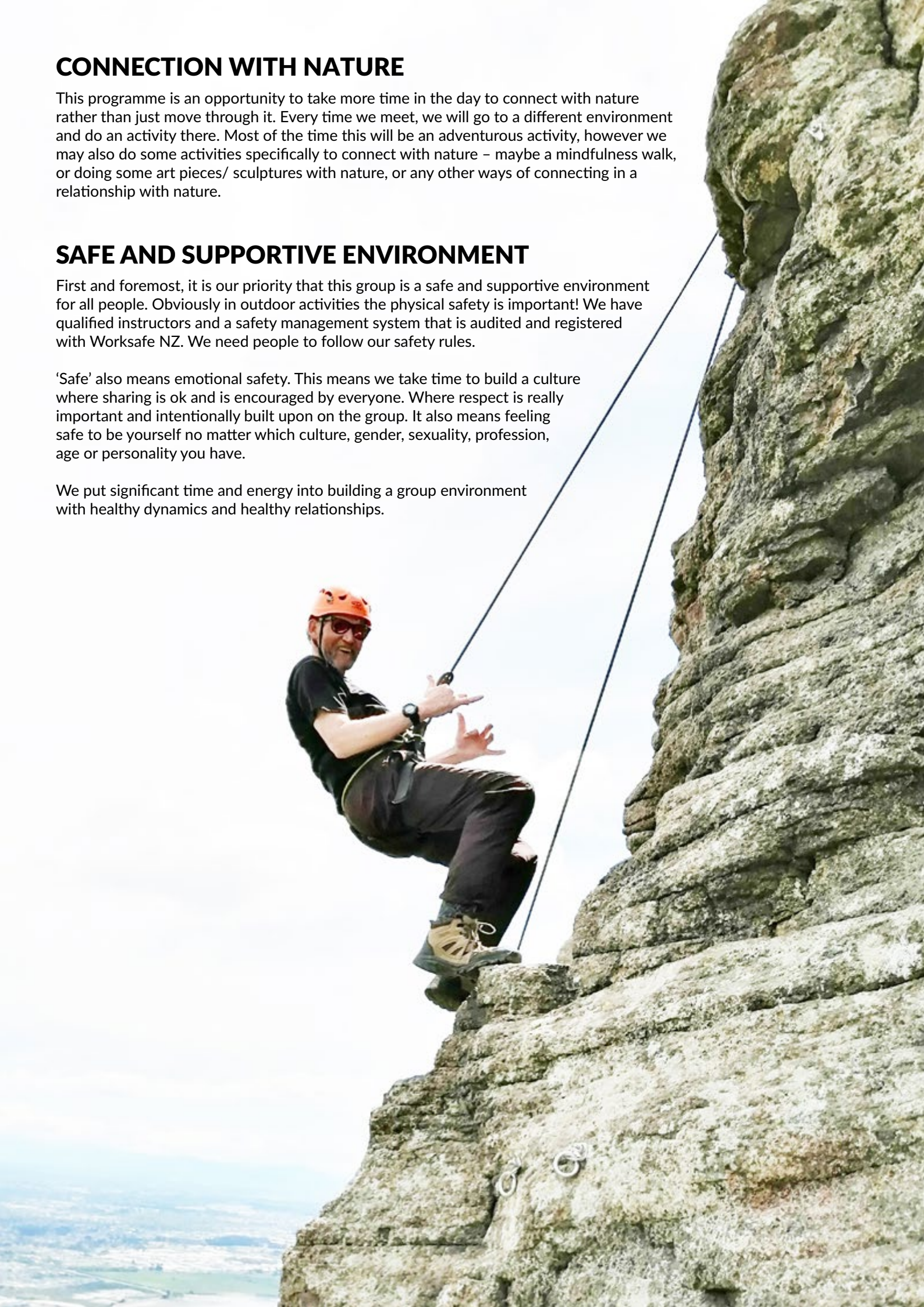
This programme is an opportunity to take more time in the day to connect with nature rather than just move through it. Every time we meet, we will go to a different environment and do an activity there. Most of the time this will be an adventurous activity, however we may also do some activities specifically to connect with nature – maybe a mindfulness walk, or doing some art pieces/ sculptures with nature, or any other ways of connecting in a relationship with nature.

## SAFE AND SUPPORTIVE ENVIRONMENT

First and foremost, it is our priority that this group is a safe and supportive environment for all people. Obviously in outdoor activities the physical safety is important! We have qualified instructors and a safety management system that is audited and registered with Worksafe NZ. We need people to follow our safety rules.

'Safe' also means emotional safety. This means we take time to build a culture where sharing is ok and is encouraged by everyone. Where respect is really important and intentionally built upon on the group. It also means feeling safe to be yourself no matter which culture, gender, sexuality, profession, age or personality you have.

We put significant time and energy into building a group environment with healthy dynamics and healthy relationships.



# PROGRAMME OUTCOMES

## SELF-WORTH

Feel better about yourself. Discover what makes you special and what strengths you have to offer. Practice self-acceptance and self-compassion around your mental health and any challenges that you may face in life, without letting them be barriers.

## TOOLS FOR HAUORA (health and wellbeing)

Develop strategies that you can use in everyday life to help improve your physical, social, mental, emotional and spiritual wellbeing. Gain confidence about managing your own wellbeing.

## WOVEN INTO COMMUNITY / WHANAUNGATANGA

Learn social and relationship skills to help you develop, maintain and strengthen relationships in your everyday life and workplace. This includes communication, dealing with conflict, appreciating diversity, ask for and offering help, solving problems with others, speaking in front of others.

## HOPE FOR A FUTURE WITH PURPOSE

Discover energy and motivation to work towards the future you hope for and create personal and work goals. Finish the course with some clear next steps for working towards these goals.

## TAHA WAIRUA / SPIRITUAL WELLNESS

Explore your spiritual identity (wairuatanga) and build a stronger connection to place (tūrangawaewae) and to nature. Explore how this might benefit your overall health and wellbeing.







## WHAT TO EXPECT EACH DAY

Here is a rough timetable:

### 9am

Meet up with our facilitators and the rest of the group at Adventure Specialties Trust's Christchurch office:  
71 Bamford Street, Woolston  
Group circle and 'check in'  
Discuss the plan for the day together  
Discuss the theme or thought for the day  
Travel to the activity together in the Adventure Specialties van (or take your own vehicle, if you prefer) to the activity and head out on the adventure!

### 12:30 ish

Lunch (food will be provided)  
Some time to relax and reflect in nature  
Re-group, optional sharing time  
Continue on the adventure!

### 3:30pm

Wrap up activity  
Touch base about the plan for the next week  
Head back at the Adventure Specialties Trust office.  
Finish by 3:30pm

# MORE DETAILS

## PROGRAMME DATES

The BOOST programme runs one day a week (e.g. every Wednesday or every Friday) for eight weeks.

For the most up-to-date info about programme dates, please check our website:

[www.adventurespecialties.co.nz/workplace-wellbeing](http://www.adventurespecialties.co.nz/workplace-wellbeing)

## LOCATION

The group will meet at Adventure Specialties Trust's Christchurch office (71 Bamford St, Woolston) and travel to the activity location together in our van. You are welcome to take your own vehicle, if you prefer. Activities will be in and around Ōtautahi Christchurch.

## DO I NEED TO BRING ANYTHING?

The facilitators will let you know if you need to bring anything, but all specialist equipment (like kayaks, PFD/life jackets, abseiling equipment, etc.) is provided. Food is also provided.

## HOW FIT DO I NEED TO BE?

You don't have to be super fit but you do need to have an average level of fitness (for example, being able to walk 1km within 20 minutes). All the activities are beginner-friendly, so don't worry if you haven't done them before. However, you need to be medically able to participate in the activities. It is important to us that you have a state of physical and mental health that allows for safe participation in this programme. This will allow our facilitators to choose appropriate activities for the group and support individuals accordingly.

## COST

Please check the website (link above) for the most up-to-date info about costs.



# OUR FACILITATORS

Each BOOST programme is facilitated by a qualified mental health professional and a highly experienced outdoor adventure instructor. [Read more about our team on our website.](#)

## ADVENTURE THERAPY CLINICIAN

At Adventure Specialties Trust, we have a team of qualified mental health professionals who are trained in Adventure Therapy practices. One of them will join you on BOOST, to facilitate the mental health and wellbeing portion of the programme, looking after your mental and emotional wellbeing.

## ADVENTURE THERAPY FACILITATOR

We have a team of qualified and highly experienced outdoor instructors who will facilitate the outdoor adventure portion of the programme, looking after your physical wellbeing and safety. All our instructors are trained and deployed to meet rigorous safety standards, which are externally audited by [Adventure Mark](#), New Zealand's largest adventure certification body, and approved by WorkSafe New Zealand.



# ABOUT ADVENTURE SPECIALTIES TRUST



Adventure Specialties Trust is a non-profit charity that has been delivering outdoor adventure programmes around Aotearoa for 40 years. We provide a huge range of fun and challenging activities on New Zealand's rocks, rivers, mountains, caves, sea and coast.

But our real point of difference is in how we deliver those programmes: we facilitate every experience to maximise the opportunity for each participant to develop holistically. We incorporate your organisation's values and objectives into our programme design, to best meet the needs of your group.

More info about [Adventure Specialties Trust on our website](#).  
Including our [Safety Management System](#)

We are registered with WorkSafe as an Adventure Activity provider and are regularly audited.

Check out photos and videos from recent programmes on

[Facebook](#)

[Instagram](#)

[Linkedin](#)

## INTERESTED?

If you think our Boost programme might be a good fit for you (or one of your employees), please get in touch and we can start the conversation about how we can work together to support your mental health.

### **Amy Horn**

Adventure Therapy Manager

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