



Experiential Learning Activities:

At Breakthroughs, Inc. we create programs and exercises that are custom designed to communicate learning objectives in unique ways. We have discovered that people learn best when they enjoy the process of learning and when they feel that the information is relevant to them. Each exercise is designed to reinforce key learning points in a fresh, dynamic way. In every case, exercises are built around your company's needs and aligned with your objectives.

Philosophy

Research informs us that we remember 20% of what we hear, 50% of what we see, and 80% of what we do, supporting the timeless observation of Confucius that:

What I hear, I forget
What I see, I remember
What I do, I understand

Experiential learning seeks to engage a learner's mind and body in a process of learning by 'doing'. We support this approach because we believe it best achieves participant involvement, awareness, understanding, and commitment to personal action.

Methodology

Experiential learning is learning by doing, with the added components of reflection, processing and application. The 'doing' is typically in the form of structured exercises that engage people mentally, physically, and emotionally. It is participant-centered in that people make use of their own information and experience to gain meaning and decide on actions. Our TeamBuilding Programs are structured to both invite and challenge participants to raise their awareness and understanding of issues of relevance and importance to themselves and the people on their team.





Structured TeamBuilding Exercises:

- Acid River
- Blind Square
- Blindfold Trust Walk
- Communication Skills Exercise
- Eggexperience
- Nail Balance Exercise
- PictoBio
- Problem Solving Simulations
- Spider's Web
- Win As Much As You Can
- 5-7-5 Change Challenge