

Voyageur Outward Bound School Theory of Change

Changing Lives Through Challenge and Discovery

Ultimate Outcomes

Participant outcomes produced as a result of the VOBS experience

On Course

Participants discover that perseverance leads to success through:

GRIT and DETERMINATION:

- · Results, good and bad, of choices
- Increased self-awareness
- Overcome challenges: they are resilient, powerful and capable

CREATIVITY and COLLABORATION:

- · How to be a part of an effective team
- Tools to get through challenges
- · How to communicate more effectively and honestly
- Strengthened relationships with peers and teachers
- Technical outdoor skills

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ULTIMATELY,

they discover that they can choose to live differently.

Participants begin to make different choices that impact the trajectory of their life beyond course.

After Course

Participants return to their families/school and DISCOVER:

- They are willing to take appropriate risks
- They are positive leaders in their families, schools and communities
- The lessons they learned on-course help them navigate challenges off-course.

Participants discover that they are making different choices, and taking their life in a different direction.

Long Term

Participants DISCOVER:

That as they look back on their experience with VOBS, the trajectory of their life has been changed. They find they have better handled life's challenges and adversity, and made better choices, because of what they learned at Outward Bound.

By discovering of their strength of character, an ability to lead and their determination to serve their community, they help create a more resilient and compassionate world.

Program Elements

With 50 years of experience, Outward Bound provides facilitated emotional and physical challenges in safe, outdoor environments for groups and individuals.



Every experience includes a deliberate program progression, or "Graduated Level of Responsibility" for students as they move towards new awareness of their capabilities.

>> Learning >>

Training Phase: Knowledge = Success

Outward Bound staff structure experiences designed to help participants:

- Gain personal, interpersonal and technical skills
- Practice problem-solving and decision-making skills
- Experience natural results consequences and rewards

>> Leadership >>

Main Phase: Transfer Responsibility = Gained Confidence

Outward Bound staff facilitate challenges for participants to:

- Face adversity
- Experience successes and failures as learning opportunities with coaching and feedback
- Solve real problems using effective conflict resolution and communication skills
- Staff assess performance and adjust challenges

>> Responsibility >>

Final Phase: Own It = Apply It

Final Phase. Own It = Apply It. Outward Bound staff recognize and affirm participants:

- · Receiving increased responsibility
- Collaborating in vision-setting and choosing direction
- Applying mastery of skills to achieve common goals

Foundational Elements

External factors: academic focus for schools. Assumptions: programs for youth and adults

Situation

Social and emotional skills like grit, determination, creativity and collaboration are strong predictors of a person's success in school, at home, and in their adult years. But today's education system focuses on cognitive (academic) achievement, and many youth are missing the opportunity to learn these critical skills.

Identity

Founded in 1964, VOBS programs help people of all walks of life discover skills that transfer from on-course to off – like the strength of their character, an ability to lead, and a determination to serve their community.

- Part of a nationwide network of schools
- 150 highly trained, skilled and passionate instructors
- Over 30,000 alumni throughout the country

Values

We teach and work by the values of compassion, integrity, excellence, inclusion and diversity. Our staff lead by example through being one's best self, pursuing craftsmanship in one's actions, and living a healthy and balanced life.

Design Principles

- Learning through Experience: incorporating reflection and skill transference
- Challenge and Adventure: mentally, emotionally and physically trying
- Supportive Environment: safe and positive group culture