Outdoor Adventure & Resilience

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Why do we need resilience?
What is outdoor adventure?

How does it relate to resilience?
Please take a moment to remember the last time you adventured outdoors.

What make the experience great? Or perhaps not so great?
The Resiliency Model

Life Events
Stressors/Challenges

Stress/Protective Factor
Encounter

Venturing

Self Mastery

Resilient Reintegration

Reintegration Back to Homeostasis

Reintegration with Loss

Identity Formation

Disruption

Comfort Zone

Resonation & Quickening

(Richardson, G.E. 2002)
Resiliency Traits

Childlike
Noble
Character
Intellectual
Universal
Ecological
Essential
Synergistic
Childlike Resilience:

“Waaa”
Ecological Resilience

“Rain Storm”
Reintegration
Thank you!