

THE LION ACADEMY YOUTH R.E.S.E.T. RETREAT (10 days)

R.ealistic

E.nvironmentally

S.trategic

E.mpowerment of

T.amariki

A total disconnection from a negative environment is the first step to creating positive change for our tamariki. Combine that with an elemental outdoor location, that is comfortable and safe, allows our tamariki to be empowered, by conducting a strategic RESET of thoughts, feelings and behaviours.

Package Includes

- ✓ Pick Up and Drop Off
- Accommodation
- **✓** Meals
- Program Activities



Pick Up Location

Timaru Airport

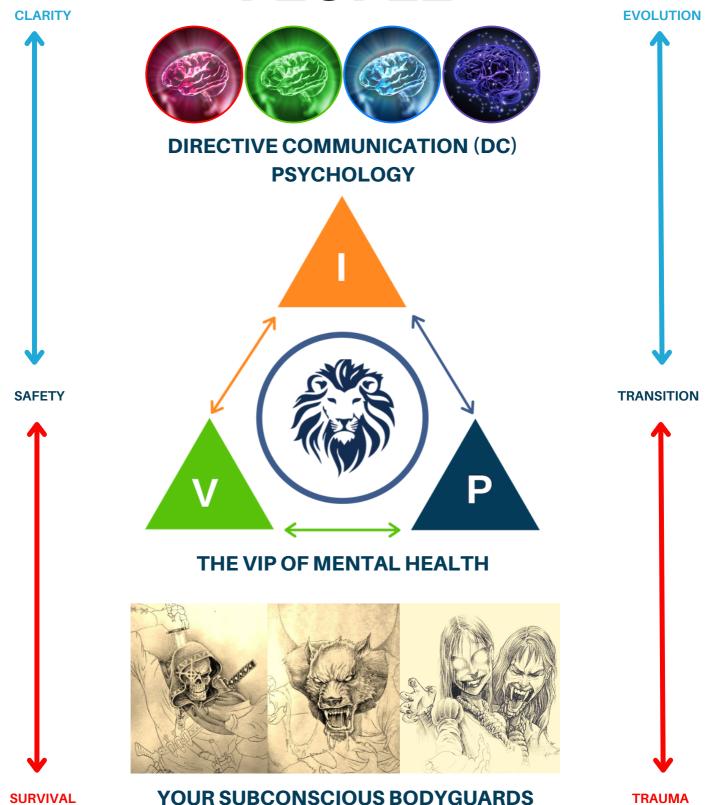
Retreat Location



Fairlie NEW ZEALAND Copyright Dion Jensen 2021

CRITICAL

KNOW YOUR PEOPLE



TRAUMA

SURVIVAL

DWEFVIEW

He waka eke noa

A canoe which we are all in with no exception

Arrival and Orientation

*DAY

Pick up from Timaru Airport and transport to 'Kiwi Lines' Retreat Location. Orientation of the retreat and accommodation. Woodfired pizza around the campfire on the first night!

Peaceful Forest

DAY 2 After a healthy and nutritious breakfast, we spend time in the forest, learning how to breathe to achieve 3 outcomes: Calming Down, Gaining Peace or Powering Up!

Challenge Day!

DAY

3

Exploring the surrounding area, with graduated challenges, testing our tamariki's levels of confidence and comfort. Totally self-identifying and working to their own levels, MASSIVE courage is shown today!

Clear Water

DAY 24 Today is all about clarity. Daydreaming, creating a vision of their future with NO LIMITS! Culminating in a cold water immersion opportunity in Lake Tekapo then relaxing in the hot springs, and a fire ceremony at night!

Tamariki Leadership Day

DAY 5

Today our tamariki get to design the activities. One of the major opportunities that our youth have lost, is the ability to lead. Not only themselves, but others as well. Feeling the responsibility of leadership is EMPOWERING!

*There will be multiple opportunities for free time as well

Ko te kai a te rangatira, he korero

The food of chiefs is dialogue

The Internal Work Begins

DAY

Now that we are connected, trust has been formed, and our tamariki have been given responsibility to lead, now it's time for real talk. Today is about KORERO. Communication.

Subconscious Bodyguards

DAY

Most of our tamariki have been subjected to or have witnessed trauma. Learning The Subconscious Bodyguard modality gives our tamariki a vocabulary and language to explain THEIR survival mode and true forms.

The VIP of Mental Health

DAY

8

Today we teach our tamariki the importance of VALUE. Understanding where they get it from. Their IDENTITY, or their PURPOSE. Because their identity to themselves, WILL define their VALUE to themselves, and to others.

Making Peace With The Mirror

DAY

Today is all about clarity. Daydreaming, creating a vision of their future with NO LIMITS!

Culminating in a cold water immersion opportunity in Lake Tekapo then relaxing in the hot springs, and a fire ceremony at night!

Graduation and Farewell

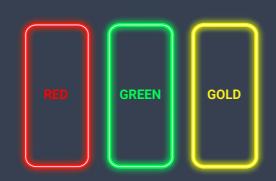
10 10

Up early to share breakfast and pack our gears. A group session in the forest to connect and protect our futures moving forward.

Transport back to Timaru Airport and Farewell.

(Maybe a quick coffee stop along the way!)

#Crisiscommunication Ethos



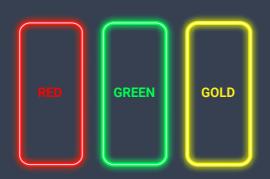
Every word that is written or spoken, has positive or negative energy attached to it, depending on what the core values and intrinsic drivers are for the person transmitting or receiving the information. By collecting and collating these words and applying their correct colour coding, any communication can be steered in a positive or negative direction.

The 3 Coloured Lenses



The true crisis communicator understands that any organization that has human beings in it is totally dependent on their performance. No matter how fast we head towards artificial intelligence and the metaverse, people will always be involved and people are emotional! When emotions run high as they do in a crisis, having the skill to effectively communicate, conflict de-escalate and manage fear, and focus are critical crisis skills!

The Conversation Card Game[™]



Dion Jensen invented *The Conversation Card Game* when he was interviewing suspects as a Police Officer. Because Dion was a visual learner, he created flow diagrams from interview transcripts and conversations and assigned colours to words to catch people lying. He also used this system to de-escalate conflict situations involving violent and armed offenders.

When he left the Police, he evolved this system to assist attendees of his workshops who did not speak English as a first language, to teach them how to have conversations with English speaking team members to learn about each other. It is a fantastic model to use to obtain and understand source emotion, thought processes, personality types and much, much more!

The Conversation Card Game has continued to evolve and has been taught all over the world, across countries and cultures and for diverse industries such as law enforcement, security and risk management, to corporate sales and marketing and negotiation.

How it works







As we learned in #Crisisleadership, the main emotions that human beings feel during crisis is fear, pressure and pain. This will cause people to go into survival mode and do whatever they can to protect themselves. This can be physically, emotionally and psychologically. They can react with shock, anger, panic or breakdown altogether.

The critical understanding of *The Conversation Card Game* is that words are attached to *EMOTION*. Understand which emotion you are dealing with by assigning the correct colour code to their words, and you can begin to address which emotion is manifesting, and take that from a negative feeling and expectation to a positive feeling and expectation. But this is a skill that takes practice, and quite often the behaviour that is manifesting is *not* the source emotion or reason. Uncovering that safely is key.



ACCOMMODATION



We prefer to have all males or all females in the group of up to 6 youths, with any make-up of the staff members accompanying them.

The 6 youths will share a 'Yurt' tent which is SUPER warm and comfortable.

The staff members have a choice between Malone Hutt (1 person) and either sleeping under the stars, under a shelter or in a separate tent.

One instructor will be co-located within the forest and the other will be manning the main hut.

Support is available 24/7.

Meals will vary from cooking at camp, to having food uplifted from town.

The unisex toilets and shower are 'eco-friendly.'



EQUIPMENT LIST

SLEEPING BAG Attendees should have their own sleeping bag rated to at least 0 degrees celcius.
PUFFER JACKET Attendees should have a down or synthetic puffer jacket for the cold.
RAINCOAT/WET WEATHER KIT The rain will not stop us! Make sure you have wet weather kit!
A TORCH OR HEADLAMP There are no street lights inside the forest!
TOGS, TOWEL AND BAG FOR WET GEAR We'll have access to rivers, lakes and The Hot Springs!
WATER BOTTLE Hydration is important!
SMALL BACKPACK/DAY PACK Just something to carry your water bottle, togs and towel and wet gear.
MINIMUM CLOTHES AND TOILETRIES Make sure you have enough undies, your toothbrush and deodorant, with a spare pair of pants and two T-shirts and one jersey/hoodie.

COURSE FEES

AND ENGAGEMENT TERMS

The RESET Retreat has a total course fee of: NZD4,997 + GST per youth all inclusive

Staff members are NZD1,4997+GST per person all inclusive.

Full payment is required in advance to ensure locations for the course are booked and confirmed.

A 50% discount is available for second and subsequent visits for the same youth.

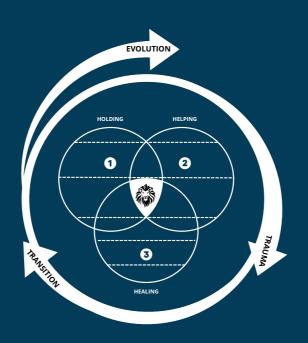
DISCOUNT
50%
2ND VISIT

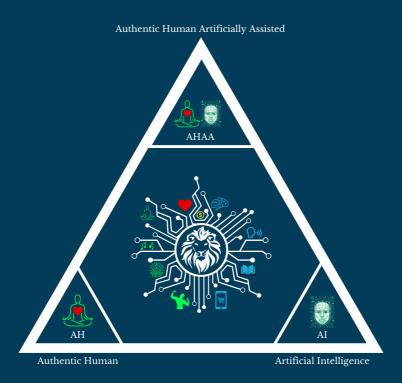
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STRATEGIC

AND FUTURE FOCUSED





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