



“ Ekaterini is an exceptional facilitator, and is adept at catering the challenging and diverse tasks to a particular context. ”

Andrew Meade, PhD
Director of International Services
Vassar College



Helping people learn and grow through meaningful experiences

- Team/Community Development
- Leadership Development
- Improved Communication
- Social & Emotional Literacy
- Experiential & Outdoor Education
- Staff/Professional Development
- Facilitator Skill Development

ABOUT OUR WORKSHOPS

Experientially designed so participants are actively engaged.

Half & Whole day options are available for most workshops.

Ideal group size for a private staff/professional/facilitator development workshop is between 10 to 20 persons.

Popular Workshops Include

Peaceful Communication

Words Are Powerful - Choose Wisely!

Teambuilding Activities for Educators

Briefing & Debriefing Adventure Activities & Outdoor Experiences

Facilitating Adventure Programs— Dos & Don'ts

Proper Sequencing of Activities for Teambuilding Facilitators

Certified NYS Teacher • Experienced Mediator
Level 2 Challenge Course Practitioner Certified
Member of Association for Experiential Education
Professional • Insured • First Aid & CPR Trained

Edgewood Consulting & Services is a vital resource for individuals, businesses, schools, colleges and universities, churches, camps, experiential, outdoor and environmental education facilities who seek meaningful experiences.

Company Mission Serve as a resource of knowledge and expertise on outdoor and experiential programs for any individual or company seeking an effective program experience that manages risk while incorporating a sense of adventure.

Visit us on the web to learn more!
www.edgewoodcs.com

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YOUR FACILITATOR



Ekaterini Vlamis, MS
Owner, Facilitator & Guide

Ekaterini Vlamis, MS owns and directs Edgewood Consulting & Services out of New Paltz, NY. She holds a Master's degree from the outdoor education program at UNH in Kinesiology and a Bachelor's degree in Biology. She is a permanently certified teacher in New

York State and a seasoned outdoor and experiential educator, facilitator, and trainer. Ekaterini keeps current certification as a Wilderness First Responder and is a NYS licensed hiking guide. Ekaterini has been in the field of experiential education for over 15 years. She has led hundreds of teambuilding and other experiential program days. In addition, Ekaterini is an experienced mediator and volunteers regularly in her community.



ABOUT OUR TEAMBUILDING

Programs are customized to fit the unique needs of each group. Programs are both fun and educational. Activities are chosen based on your group's goals and sequenced from easier to more difficult challenges. Discussion is led after activities to encourage the group to reflect and explore behaviors that helped make the team successful and those behaviors that hinder the group and could use improvement or change. Activities used promote and require group members to **communicate, work together as a team, problem solve, practice leadership, be creative, innovative** and to **trust one another**. Participants are asked to relate the tasks completed and group dynamics observed to the work place and life in general. Though participants are encouraged, they are never coerced into doing anything. Programs are designed to be as inclusive as possible so everyone may participate. Programs are brought to you and can be delivered inside or outside. If you prefer an off-site location, the program can be brought to you at another facility of your choosing, whether rustic or fancy. For longer full day and multi-day programs it may be advised to rent a challenge/ropes course to increase the level of physical challenge.

WHO CAN BENEFIT

Business Work Teams • Sports Team
Volunteer Groups • Boy/Girl Scouts
Church Groups • Youth Groups
Leadership Teams • EMS/Rescue Teams
School/College Faculty Departments
MBA Students • MANY, many others!



TEAMBUILDING PROGRAMS COMMON GOALS

Socialize/Get to Know Each Other
Build Cohesion/Camaraderie/Bond
Energize/Boost Morale
Build Trust
Improve Interpersonal Communication
Explore Collaboration versus Competition
Explore Leadership
Enhance Teamwork
Overcome Challenges/Feel Empowered
Practice Problem Solving
Creativity/Innovation

To schedule a program or inquire about pricing on a TEAMBUILDING PROGRAM or Group WORKSHOP

call (845) 255-7007