

Explore skills: wellbeing in the wild

● Event schedule

9.30am–10.00am: Welcome and introductions

- Meet your instructors and fellow expeditioners
- Understand the shape of the day

10.00am–11.00am: Session 1: mental health and the expedition setting

- What is mental health? What is wellbeing?
- Understanding our own emotional spectrum and 'what is normal'
- Common stressors and the emotional spectrum extremes
- The 'window of tolerance': hypo- and hyper- arousal explained
- Why are expeditions both mentally demanding and rewarding?
- Group discussion: understanding the stigma around psychological struggle on expeditions and how to overcome it

11.00am–11.30am: Break

11.30am–12.15pm: Session 2: pre-departure

- Identifying the unique psychological risks posed by your expedition
- Case study: the ethical dimensions of expeditions and the potential for moral injury
- Identifying the unique emotional needs of expedition members
- Screening: introduction to the 'Supporting You' framework for open disclosure of any medical condition
- An introduction to common mental health diagnoses

12.15pm–1.00pm: Session 3: The 'Emotional Kit List'

- Introduction to a tool which allows team members to identify their own emotional needs, anticipate psychological challenges and mitigate distress in the field
- Solo work: construct your own 'Emotional Kit List' for an upcoming event or challenge
- Group discussion: How do different personalities react to stress? How can we communicate our needs to others as we identify them?

1.00pm–2.00pm: Lunch



2.00pm–3.00pm: Session 4: on expedition

- What does a high-functioning team need?
- Group exercise: ‘the art of conversation’ – the role of effective communication in expedition success
- Creating a supportive and reflective culture in remote environments through safe talking spaces
- Identifying mental health crises in the field – how does the expedition environment influence mental illness?
- De-escalation techniques and the ALGEE model
- Hot vs. cold debriefs: how and when to process events

3.00pm–3.30pm: Break

3.30pm–4.30pm: Session 5: coming home

- Overcoming reverse culture shock
- Understanding and optimising post-expedition growth
- How to build an expedition community and keep it thriving
- Group discussion: What can we learn from the community we’ve built today? An opportunity to share stories and connect

4.30pm–5.00pm: Closing reflections and thanks