

**BEEN THERE, DONE THAT? NOT THIS...**

## **TRY FAMILY CAMP**

The first thing that strikes you about Family Camp is how much fun *everyone's* having! In many so-called "family events", analysis suggests that the event is either an adult interest that the kids are dragged to, or a kid interest that parents attend for the benefit of the kids. Not so in *Adventures In Teamwork!* These activities, facilitated by caring professionals who become guides, coaches, leaders, and-- most of all--friends, engage the whole family. No one is left out, everyone is needed, they all have an important part to play, and they all LOVE it!



Family members are invited to complete unique challenging non-competitive activities which are completely new to them, and which they'll have a blast doing. Along the way to success, they have to develop and agree on a plan, execute the plan using all family and team

members, react to unforeseen changes in the exercise. After the exercise, our staff guide family members in analyzing and learning lessons which are important building blocks to higher achievement.

These activities, and the process families go through to solve them are metaphors for success in families and relationships, as well as other aspects of life. Practicing, learning and celebrating success in the techniques to solve these challenges sow the seeds for deeper relationships, improved communication, better interactions, mutual respect, and, ultimately, better success in the family unit.



Adventures in Teamwork! (AIT) isn't just beach games, a family Olympics, or spending time together doing something fun. Those are great, and this is just as (or more) much fun, but it's also



much, much more. It's families having fun, valuing each other, celebrating their successes, developing deeper bonds, cheering each other on, and growing closer. AIT "raises the bar". It's an exhilarating adventure together at a higher level.

Participants regularly report learning new aspects of family members or partners that they hadn't previously realized. Ten people have reported that "This is the most significant, meaningful, or deep

conversation this family has had in three (or more) years". Couples have come up and said "This was a great experience to share with our kids. It was so important we'd like to come back as a couple and grow in our relationship." And the kids ask "Can I do it again?"

Professional facilitation is the key to success. Not activities coordinators or merely game leaders, the Peak Performance staff specialize in combining fun, adventure, and learning. They recognize that each family is unique and develop the entire program around those special characteristics. Their entire focus is success for your family.

Peak Performance brings the same methodology which produces success in our highly acclaimed corporate leadership and teambuilding programs. We start with the same premise: when people are actively engaged in learning--with their whole bodies--people have fun, creativity productivity and achievement peak, and learning is enhanced. But families aren't businesses and have different needs, so then we roll up our sleeves and build a program to help families reach their full potential.



**See you at Family Camp  
Together, at a  
Higher Level!**

