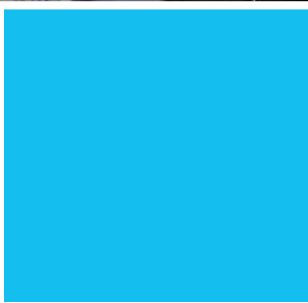


# H.E.A.L. B.U.T.T.E

Helping Everyone Affected Locally  
Better Understand Trauma Through Empathy





To Whom it may concern,

My name is Scott Amick and I am a facilitator, motivational speaker, new Father, and Camp Fire Victim. I am writing this in order to help you understand the purpose of the following document. I want you to know that our company, Odyssey Teams, has been in the teambuilding industry for 25 years in Chico and that we are committed to taking care of our community by helping teachers and students heal from the trauma inherent in surviving a disaster of this scale. We have ALL felt the effects of the fire in one way or another. After much reflection and conversation with Principals, Teachers, Parents, and North Valley Community Association board members we have decided to champion a series of experiences designed to serve the teachers of Butte County.

We have learned that the best way to take care of our Butte County students is to ensure that those that influence them day in and day out are on a positive path towards self-care through empathy based teambuilding. We understand that teachers need to feel supported by their peers, their community, and by their administration in order to create personal bandwidth for managing the emotional state of their students. We plan on doing this by offering a menu of experiences designed to strengthen the bonds between staff members while meeting the time-sensitive needs of their curriculum.

Personally, I have watched my Magalia and Paradise neighbors retreat into their comfort zones wrought with habits that have had detrimental effects on their children. As a positive emotional anchor for these friends, I realized very early on in my healing process that our habits were going to be the key to rebuilding our lives with a stronger foundation than before the Camp Fire. My then 3-month-old daughter deserved as much love as I could muster and it was my self-care habits that yielded the bandwidth to do so. From this realization came the action to create these programs for our Butte County Teachers who serve as emotional anchors for their students.

Unlike the new to town lawyers who aim to capitalize on the opportunity to earn a buck then skip town, Odyssey Teams, myself, and my family will be here to see that the healing continues for the right reasons - for my daughter and for the students that comprise the generations to come. Please, contact me with questions and comments regarding funding applications, grants, and program details. Together, we can help our teachers create empathy based habits that will continue to help the students of Butte County.

Thank you for your time and consideration,

Scott Amick

Odyssey for Youth Program Director

530-342-1650

scott@odysseyteams.com





PROGRAM  
**THE EMPATHY ODYSSEY**

PRICING INCLUDES  
Single Part Experience

PART 1  3 - 4 Hours

**\$5,000 for up to 50 participants -  
\$50/participant after 50**

# PROGRAM THE EMPATHY ODYSSEY

Single Part Experience.

  
DURATION  
3-4  
HOURS

## PURPOSE

Short term teambuilding for teachers and staff in Butte County Schools through positive shared experiences. This option is for schools that are crunched for time yet would like to do something healing and productive for their teachers, staff and those most effected by the Camp Fire.



## FUN WITH A PURPOSE

**THE PATH TO SUCCESS:** This classic Odyssey Teams activity is presented as an opportunity to reframe our reflexive reactions to challenges. Participants are given a “polite mirror” as they reflect on how they react to social challenges, students, coaches, and parents input. Other common metaphors and themes that show up include comfort zone awareness, change readiness, resilience, and learning from others mistakes.



## INTRODUCTION & ICEBREAKERS

**PEAR CARDS:** Participants will be paired and prompted by the cards that they draw. Conversation, discussion, and connection ensue.

**5 WHY'S:** Participants are asked a series of questions that help identify the “Why” behind the choices they make. This reflection-based exercise assists in drilling down to the core concepts inherent in challenges placed before teachers and staff day in and day out.

**FINGERS CROSSED, ARMS CROSSED:** Neuroplasticity is examined through simple hand and arm motions. These concepts elicit change readiness awareness with a smile.

**ADVANCE, EMOTION, DETAIL:** Stories are shared in a fashion that allows the listener to control the pace of the story much like an old cassette tape. Laughter leads to genuine interest as participants get to know a little more about their co-workers.

**TRUST FALLS ON TRUST FALL MAT:** Few activities are as fun and transformational as the Trust Fall. Utilizing our proprietary Trust Fall Mat, participants are safely supported as they build trust with their co-workers. Each participant can choose to experience the sensation of a free fall while allowing their team to support them.

**LETTER TO MYSELF:** Participants are prompted to set “Take Action” goals that will help them be more empathetic towards their students, fellow staff, and themselves. We will mail these letters to the writers at a later date so that they may speak to themselves from the past. After all, who could be more influential than one’s self?

## DEBRIEF:

- Compliments and Call Outs
- Self Care Awareness and Accountability Partners



## Experience Outcomes

- Empathy Cultivation
- Self Care Goal Setting
- Resilience Awareness
- Recharging Team Communication
- Fun!
- Healing



## COST

\$5,000 for up to 50 participants –  
\$50/participant after 50



# PROGRAM

## HEALTHY HABITS TEAMBUILDING

PRICING INCLUDES  
Three Part Experience

PART 1 🕒 .5 - 1 Hour

PART 2 🕒 2 Hours

PART 3 🕒 2 - 4 Hours

\$7,500 for up to 50 participants -  
\$75/participant after 50

# PROGRAM HEALTHY HABITS TEAMBUILDING

Three Part Experience.

PART 1

  
DURATION  
.5 - 1  
HOUR

## PURPOSE

Medium term teambuilding for teachers and staff in Butte County Schools through positive shared experiences, includes culminating teambuilding experience “Team Mosaic”. This option is for schools that want to invest in their employees over the course of several interactions with Odyssey Facilitators in order to see and feel measurable changes in empathy.



## INTRODUCTION

Half an hour introduction and context at the weekly staff meeting.

### FINGERS CROSSED, ARMS CROSSED:

Neuroplasticity is examined through simple hand and arm motions. These concepts elicit change readiness awareness with a smile.

**A.R.T.** : Awareness of Reflexive Tendencies is a term coined by Odyssey Teams through 25 years of facilitation with organizations of all shapes and sizes. Through awareness of reflexive tendencies, participants are asked to step into our learning laboratory in order to catch themselves being themselves.


- This polite mirror is a nod towards intentional interaction and mindfulness.

## QUESTIONS AND COMMENTS



# PROGRAM HEALTHY HABITS TEAMBUILDING

## PART 2

 DURATION  
2  
HOURS



### PLANTING THE EMPATHY SEEDS

Two hours large group experience. Two - Three Weeks after the first touch point.

**SHORT KEYNOTE:** Scott will speak about his experience escaping the Camp Fire as well as key concepts that have been learned through reflection after the event. Gratitude, perspective, and empathy will be touched upon.

**TEAM HANDCUFFS:** Participants work together to solve a seemingly impossible task. This goofy activity requires pairs to think outside the box while encouraging communication.

**iCONTACT:** As technology propels us forward promising connection across various technological platforms, we continue to grow more distant from those that exist in the physical world around us. iContact is an opportunity for participants to feel connected as they reflect on their interactions with their peers. Participants are encouraged to reflect on their physical, mental, and emotional inputs as they look into the eyes of their counterpart. Other

common metaphors and themes that show up include community building, character development, body language awareness, interaction with the passing of time.

**5 WHY'S:** Participants are paired up in order to discover their core values through interrogation. Prompted to explore principles such as integrity, kindness, empathy, community, and digital citizenship, participants will be asked to reflect on WHY they make the decisions that drive their social interactions. Equally as powerful for our adult participants and chaperones, the 5 Why's is sure to provoke thoughts that require deep introspection.

**THE PATH TO SUCCESS:** This classic Odyssey Teams activity is presented as an opportunity to reframe our reflexive reactions to challenges. Participants are given a "polite mirror" as they reflect on how they react to social challenges, teachers, coaches, and parents input. Other common metaphors and themes that show up include comfort zone awareness, change readiness, resilience, and learning from others mistakes.

# PROGRAM HEALTHY HABITS TEAMBUILDING

PART 3

  
DURATION  
2-4  
HOURS



## HIGH-PERFORMANCE HABITS

Small groups 15 or less.

**SHORT KEYNOTE:** Scott will open up the experience with questions and comments regarding growth from the previous two interactions while setting the intention for the culminating experience.



SCOTT AMICK

**CHANGE 5:** Participants are challenged to continuously change their appearance until they realize that the easiest way to change their appearance is by working with another participant. Change readiness and adaptation awareness are central themes to this fun activity.

**LETTER TO SELF:** Participants are prompted to set “Take Action” goals that will help them be more empathetic towards their students, fellow staff, and themselves. We will mail these letters to the writers at a later date so that they may speak to themselves from the past. After all, who could be more influential than one’s self?

**TEAM MOSAIC:** Collaboration is a beautiful thing! In classic Odyssey fashion, participants are engaged in an interactive conversation that drives awareness and creates an understanding of what it takes to become a more powerful leader, manage change and improve results. The Team Mosaic

experience provides a culminating opportunity to produce something that is beyond what each participant can produce alone. Leaders achieve their greatest result when they learn how to bring out the best in others and appreciate the relationships between each of the parts of a team. Sure to be an impactful event, the Mosaic can be hung in the office or administration building as a reminder of the challenges that the team has faced and overcome.

## Experience Outcomes

- Empathy cultivation
- The importance of self-care and routines that support mental health
- Camaraderie
- Enjoyable shared experiences
- Fun with a purpose – self-reflection.
- Self Care awareness.
- Creating emotional resilience
- Growth through self-reflection. Recharging the teamwork batteries.
- Perspective.
- Gratitude.
- Reconnection with the “Why” of a teachers work.



## COST

**\$7,500 for up to 50 participants –  
\$75/participant after 50**





# PROGRAM

## REBUILDING THROUGH TEAMBUILDING

PRICING INCLUDES  
Four Part Experience

PART 1 🕒 .5 - 1 Hour

PART 2 🕒 2 Hours

PART 3 🕒 2 - 4 Hours

PART 4 🕒 5.5 Hours

\$10,00 for up to 50 participants -  
\$75/participant after 50

# PROGRAM REBUILDING THROUGH TEAMBUILDING

Four Part Experience.

PART 1

  
DURATION  
.5 -1  
HOUR

## PURPOSE

Long term teambuilding for teachers and staff in Butte County Schools through positive shared experiences, includes culminating teambuilding experience on our Ropes Course.



## INTRODUCTION

Half an hour introduction and context at the weekly staff meeting.

### FINGERS CROSSED, ARMS CROSSED:

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### QUESTIONS AND COMMENTS



# PROGRAM REBUILDING THROUGH TEAMBUILDING

## PART 2

 DURATION  
2  
HOURS



### PLANTING THE EMPATHY SEEDS

Two hours large group experience. Two - Three Weeks after the first touch point.

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- Camaraderie
- Enjoyable shared experiences
- Fun with a purpose – self-reflection.
- Self Care awareness.
- Creating emotional resilience
- Growth through self-reflection. Re-charging the teamwork batteries.
- Perspective.
- Gratitude.
- Reconnection with the “Why” of a teachers work.
- High flying adventure.
- Physical challenge.
- Facing physical fears.



## Ropes Course Odyssey – Entire Team 9:00 am – 2:30 pm

### Program Flow:

#### 9:00 am

Arrive at Ropes Course

#### 9:15 am – 10:00 am

Icebreakers and Warm Up Exercises

- Don't Touch Me I'm Changing: This activity will challenge the team to think outside the box and challenge the actual and implied rules. Warning: this event can lead to major paradigm shifts. Once the team discovers the self-imposed rules, they will begin to see the solutions.

- Links: The purpose of this exercise is to physically demonstrate the metaphor that every member of a team is an important "link in the chain". This event is also a good way to examine individual team members sense of value and accountability to their team.

#### 10:00 – 10:15

Bio Break/Snacks

#### 10:15 – 11:00

- Trust Falls: Trust is one of the basic building blocks of any relationship. It may be the most important of all. Without trust: leadership, communication, teamwork, and commitment are Trust is a two-way street. This activity will give participants a clear experience of what it feels like to trust completely and the responsibility related to being trusted. Participants will explore questions like: What qualities do I need in people to trust them completely? What does it take for me to give up control/ Am I trustworthy and how do I show the world I can or cannot be trusted?

#### 11:00– 11:45

Lunch

#### 11:45 – Noon

Noon Harness Training

#### Noon – 1:00

- Climbing Tower: Participants will face multiple challenges as they are supported by their teammates. First challenge – physical – pulling and pressing ones self up a rock wall will require participants to strive to work with their climbing partner as they navigate the route set before them. Second challenge – mental – in order to scale challenges, we must have a "give it my best" attitude that supports the goals of the team. Third challenge – emotional – whether a participant chooses to attempt the wall or chooses to be supported at its base by opting out, the emotional challenge of allowing themselves to be supported can be a great opportunity for growth.

#### 1:00 – 2:00

- Flying Squirrel: Few experiences can measure up to the feeling of flight – especially when the fuel for the flight is driven by the effort of your teammates. Participants will be harnessed and hoisted 30 feet into the air through a pulley system driven by the person power of their pull team. Enjoy the laughter and exaltation as participants are encouraged to fly towards their personal and collective goals! This is sure to be a life long, memorable experience.

#### 2:00– 2:30

Debrief and Pictures

### COST

**\$10.00 for up to 50 participants –  
\$75/participant after 50**


# ODYSSEY PROGRAMS A LA CARTE MENU

## KEYNOTE:

Our Keynote Speakers are some of the best in the world. Speaking on topics that range from self-reflection to anti-bullying, to building resilience, our team is sure to make an impact on your student body, staff, or organization. Our motto is "Knock 'em alive" — we guarantee that our message will fit your vision while aligning with the needs of the listeners. We will work hand in hand with your organization to inspire change while maintaining the standard of quality that Odyssey has become famous for. No more boring lectures, our engaging incentives, and activities will bring participation to new heights and will leave your school or organization ready to make positive change a reality!

### PROGRAM DETAILS:

 **FLAT FEE PRICING IN BUTTE COUNTY AT \$1,500**

 **1-HOUR EXPERIENCE**

We will work with you to dial in a clear and concise message that is sure to meet the needs of your staff, leaving them inspired and recharged for another awesome school year.

**Link to program website:**


<https://odysseyteams.com/odyssey-for-youth/keynotes-and-assemblies-for-youth/>

## ROPES COURSE DAY:

Does your staff need a day away from campus to enjoy nature and build cohesion through fun and adventurous challenges? If so, our Ropes Course Odyssey is the right choice for you. We will work with you to detail themes and concepts that will be thought-provoking, unifying, and FUN! Whether you want a light-hearted experience or a chance to dig deep into communication challenges, we guarantee a memorable experience that will recharge your batteries for a smooth re-entry into the school year.

### PROGRAM DETAILS:

**PRICING BASED ON PER PARTICIPANT BOOKING.**

 **HALF AND FULL DAY EXPERIENCES AVAILABLE.  
COURSE MINIMUM - \$1,350 FOR 20 PARTICIPANTS,  
\$65/PARTICIPANT AFTER 20PX**

**HALF DAY - 8 AM TO NOON.**

**FULL DAY - 9 AM TO 2:30 PM**



**Link to program website:**

<https://www.odysseyforyouth.com/high-ropes>

## TEAM MOSAIC:

Collaboration is a beautiful thing! In classic Odyssey fashion, participants are engaged in an interactive conversation that drives awareness and creates an understanding of what it takes to become a more powerful leader, manage change and improve results. The Team Mosaic experience provides a culminating opportunity to produce something that is beyond what each participant can produce alone. Leaders achieve their greatest result when they learn how to bring out the best in others and appreciate the relationships between each of the parts of a team. Sure to be an impactful event, the Mosaic can be hung in the office or administration building as a reminder of the challenges that the team has faced and overcome.

### PROGRAM DETAILS:

 **PROGRAM MINIMUM 20 PARTICIPANTS FOR \$4,900,  
\$108/PARTICIPANT AFTER 20. GROUP SIZES RANGE  
FROM 20 PARTICIPANTS TO 300 PARTICIPANTS.**

 **3-HOUR EXPERIENCE**

Custom artwork included in program expense. Team Mosaic can also include collaboration with students

**Link to program website:**

<https://odysseyteams.com/programs/team-mosaic/>

## LIFE CYCLES:

Our Life Cycles program is the original bike building, team building program. Participants from around the world have assembled a bicycle for a child - followed by that child walking right into the doors of the program room itself! Life changing stuff. Campus changing stuff. In this case, we will be donating bicycles to children affected by the Camp Fire. Unite your staff and administration through a selfless common goal - bringing joy to those who need it most.

### PROGRAM DETAILS:

 **UP TO 30 PARTICIPANTS FOR \$4,900,  
\$165/PARTICIPANT AFTER 30. PRICING DISCOUNTS  
INCREASE AS PARTICIPANT COUNT INCREASES**

 **3 - 4 HOUR EXPERIENCE**

The program can build up to 200 bicycles at a ratio of 5:1, participants/bike.

**Link to program website:**


[: https://odysseyteams.com/programs/life-cycles/](https://odysseyteams.com/programs/life-cycles/)

# ODYSSEY PROGRAMS A LA CARTE CONTINUED

## THE BOARD MEETING:

With The Board Meeting, your team will not just be building skateboards for underprivileged kids. They will be building skateboards alongside the children themselves. We pack The Board Meeting / The Skateboard Project with powerful metaphors and a context that is reflective of your organization's goals and values. The experience hits home the moment the children enter the room to help decorate their very own skateboards. The "kindly pay it forward principal" becomes more than just a concept when they get to take a second skateboard home to give to a friend in need. Boards will be donated to Camp Fire victims as well as local skate parks in Butte County.

### PROGRAM DETAILS:

 **PRICING IS BASED ON THE NUMBER OF PARTICIPANTS AND THE NUMBER OF BOARDS THAT YOU WOULD LIKE TO BUILD AT 8:2 RATIO OF PARTICIPANTS/BOARD. PROGRAM MINIMUM 40 PARTICIPANTS/10 BOARDS WITH LIVE FACILITATION FOR \$4,500.**

 **2 - 4 HOUR EXPERIENCE**


**Link to program website:**

<https://odysseyteams.com/programs/the-board-meeting/>

## BUILD A HAND PROSTHETIC HAND EVENT:

The Helping Hands program / Build-a-Hand Project is about perspective, inspiration, collaboration, and giving back. You will be part of a growing movement to connect your team to the "WHY" of their work, each other, and the world. If giving back is on the menu for your next meeting or corporate event, this program will, "Hit it out of the park" according to Glenn Marina at Boehringer-Ingelheim. With 47,700 employees in 103 countries, Boehringer Ingelheim is one of the world's top 20 pharmaceutical companies and a raving fan of the Helping Hands / Build-a-Hand Program with Odyssey Teams.

### PROGRAM DETAILS:

 **PRICING IS BASED ON THE NUMBER OF PARTICIPANTS AND THE NUMBER OF HANDS THAT YOU WOULD LIKE TO BUILD AT 3:1 RATIO OF PARTICIPANTS/HAND. PROGRAM MINIMUM 30 PARTICIPANTS/10 HANDS WITH LIVE FACILITATION FOR \$4,500.**

 **2-4 HOUR EXPERIENCE**

Completed hands will be donated to recipients in one of 75 countries through the LN-4 prosthetic hand foundation.

**Link to program website:**

<https://odysseyteams.com/programs/team-mosaic/>

**TO BOOK A PROGRAM GO TO ODYSSEYTEAMS.COM**

