

Building Teams That Care

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Stacy Bare!



- US Army, served in Bosnia (03) & Baghdad (06) & EOD Tech in Angola (05) & Abkhazia / FSR Georgia (05)
- Used outdoor recreation to ease transition post military
- National Geographic Adventurer of the Year
- Helped launch the Great Outdoors Lab in 2014 ~~Berkley~~ Berkeley
- Adventure Not War: First climbing ascents in Angola in 2015 and descent of Iraq's Malgurd in 2017, skied in Afghanistan in 2019 launched a freeride event in Kyrgyzstan in 2020



Learning Objectives

- Why care as a concept matters
- Defining self care for you
- Ways to approach caring for your team
- Challenges with caring—caring too much!
- When its time to walk away



BLUF: Bottom Line Up Front

1. Care takes time.
2. Tell people how you feel. Listen to others.
Figure it out.
3. Seek consent before helping









DANGER

DANGER UXO !!!



NEVER STOP EXPLORING

SPEAKER SERIES

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Impact of Awe Outdoors

- Improved sleep, reduced stress from baseline, 90% decrease in PTSD for veterans
- Hormonal balance (cortisol/DHEA) relates to positive emotions during trip
- Social connectedness during trip associated with reduced cytokines improving mortality by negating behaviors like smoking, excessive alcohol consumption & disordered eating*





A man in a white t-shirt with a logo and grey pants, wearing gloves and holding a shovel, stands on the left side of the group.

A man in a green t-shirt with the text "friends of grand rapids parks" and grey pants, wearing sunglasses and holding a wooden stake, stands next to the man in the white t-shirt.

A woman in a grey t-shirt with a tree logo and blue jeans, wearing sunglasses and gloves, holds a shovel and stands next to the tree being planted.

A man in a green t-shirt with the text "friends of grand rapids parks", a green cap, and grey pants, wearing sunglasses and gloves, holds a shovel and stands on the right side of the group.





Self Care



Teams Need Care



Tell People How You Feel!

Listen to others.

Figure it out.





Jack Handy



“It takes a big man to cry, but it takes a bigger man to laugh at that man.”

— Jack Handy



I'm the little brother!







Challenges With Care

- Consent and Solutions
- *Walking Away*
- Martyrdom and Caring Too Much



Got to have fun!

“Be a half-assed crusader, a part-time fanatic. Don’t worry too much about the fate of the world. Saving the world is only a hobby. Get out there and enjoy the world, your girlfriend, your boyfriend, husbands, wives; climb mountains run rivers, get drunk, do whatever you want to while you can, before its too late!



Thank you!

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