

# How to Care Less

*America Outdoors Association - December 2020*

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*Association of Outdoor Recreation & Education (AORE) - Board Member*

# EXERCISE #1

DECEMBER 1-4



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# EXERCISE #1

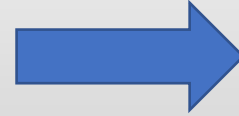
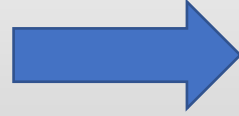
On ONE of the pieces of paper you have:

- On one side – Write one sentence about a time when you totally crushed it in a group educational setting. A time when things really went your way.
- On the other side – Write one sentence about a time when you kinda flailed in a group educational setting. A time when things did not work out well.

# Expectations for our Time

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- Every 8-12 minutes
- Interactive
- ONE thing



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# BREAK-OUT SESSION #1

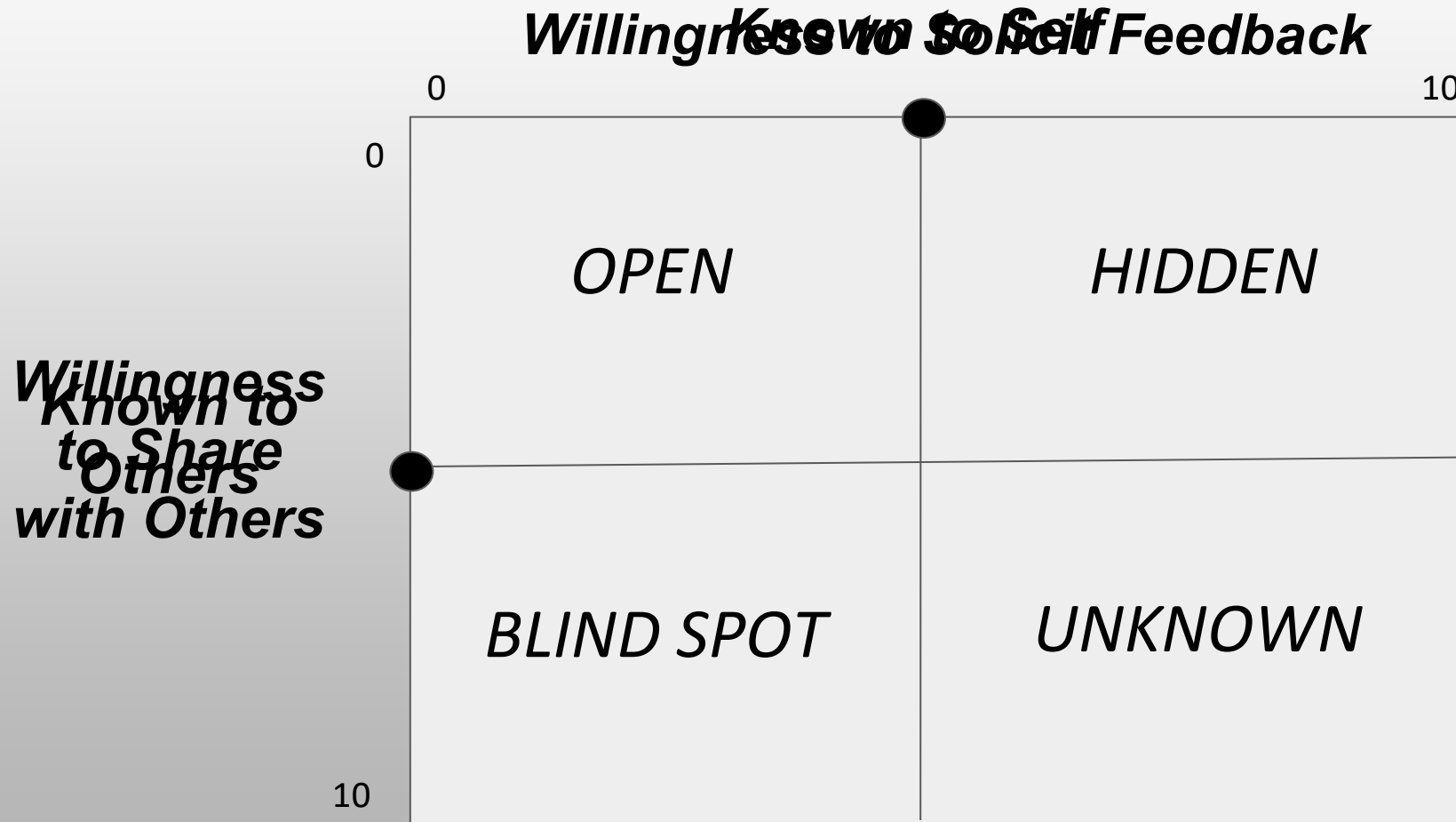
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# Two Models

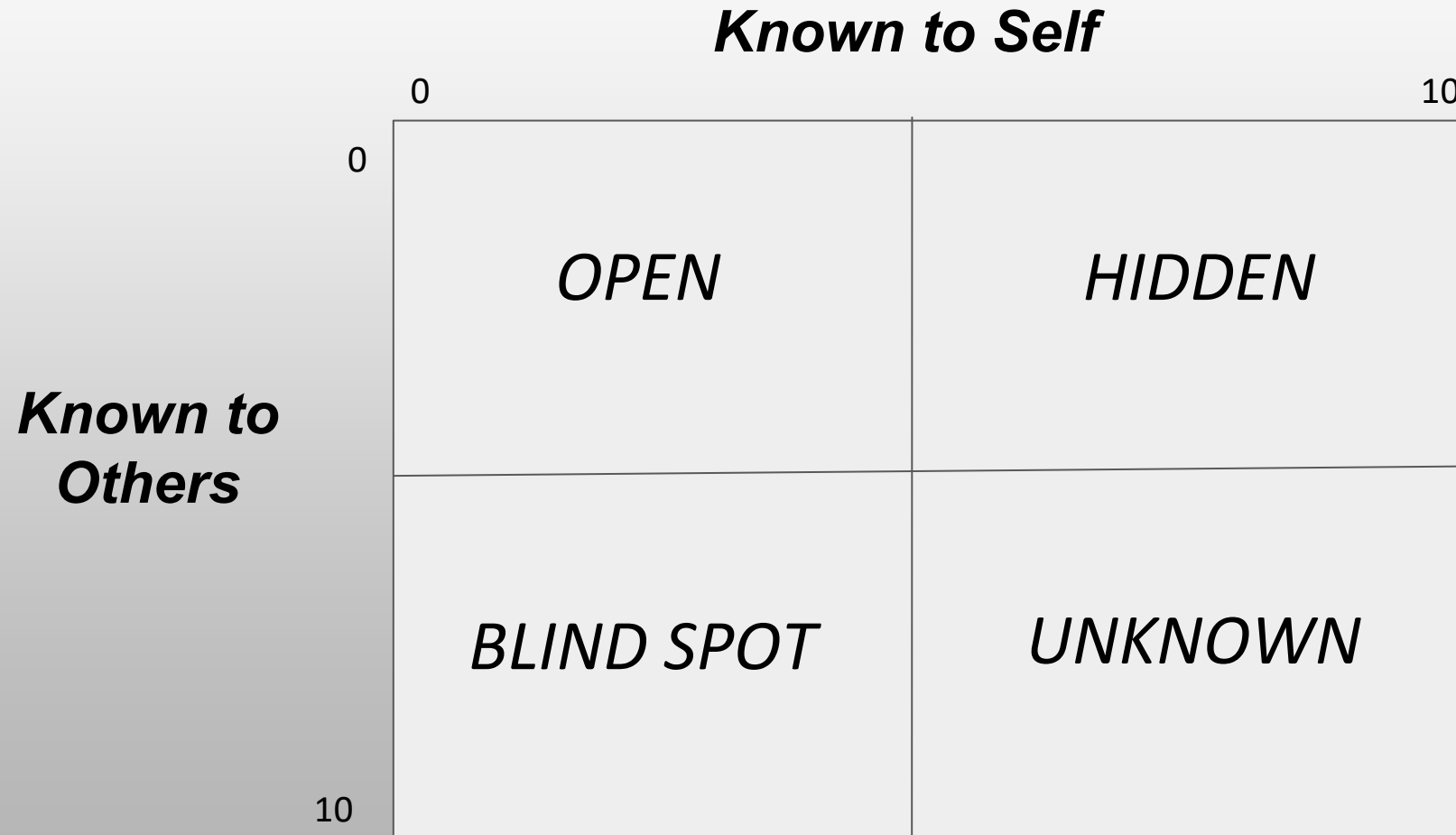
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# JoHari's Window

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This model is:

- OLD
- ESTABLISHED
- USEFUL

# The Other Model

*I typically want to please...*

		Self	Others
<i>It's important for me to...</i>	Do a lot	<i>Please OTHERS Do MORE</i>	<i>Please SELF Do MORE</i>
	Do well	<i>Please OTHERS Do BETTER</i>	<i>Please SELF Do BETTER</i>

**This model is:**

- NEW
- UNKNOWN
- USEFUL??

# BREAK-OUT SESSION #2

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# The Other Model

*I typically want to please...*

		Self	Others
<i>It's important for me to...</i>	Do a lot	<i>Please OTHERS Do MORE</i>	<i>Please SELF Do MORE</i>
	Do well	<i>Please OTHERS Do BETTER</i>	<i>Please SELF Do BETTER</i>

**This model is:**

- NEW
- UNKNOWN
- USEFUL??

# EXERCISE #2

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# More about the WHY

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## Psychological First Aid

Reducing stress injuries  
by CREATING....





**Did you know....**

**There are 5 answers to every question  
ever asked on all NOLS courses**

Have you tried yourself.

Drink more water.

Look at the map.

Ask a friend.

Red-tailed Hawk.

## 5 Answers to Every Question

## Psych First Aid Principles

Have you tried yourself.



Create Calm

Drink more water.



Create Safety

Look at the map.



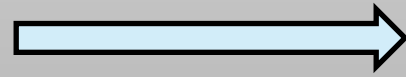
Create Self-Efficacy

Ask a friend.



Create Connection

Red-tailed Hawk.



Create Hope

# BREAK-OUT SESSION #3

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# Some math

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**“Happiness” Quotient** *result obtained by dividing one quantity by another.*

$$\frac{\text{Reality}}{\text{Expectations}} = \text{Happiness}$$

# Fulfillment with this presentation?

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*How much will I learn/take away...?*

$$\frac{\text{Reality}}{\text{Expectations}} = 100\%$$

# Fulfillment with this presentation?

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*How much will I learn/take away...?*

$$\frac{1}{2} = 50\%$$



# Fulfillment with this presentation?

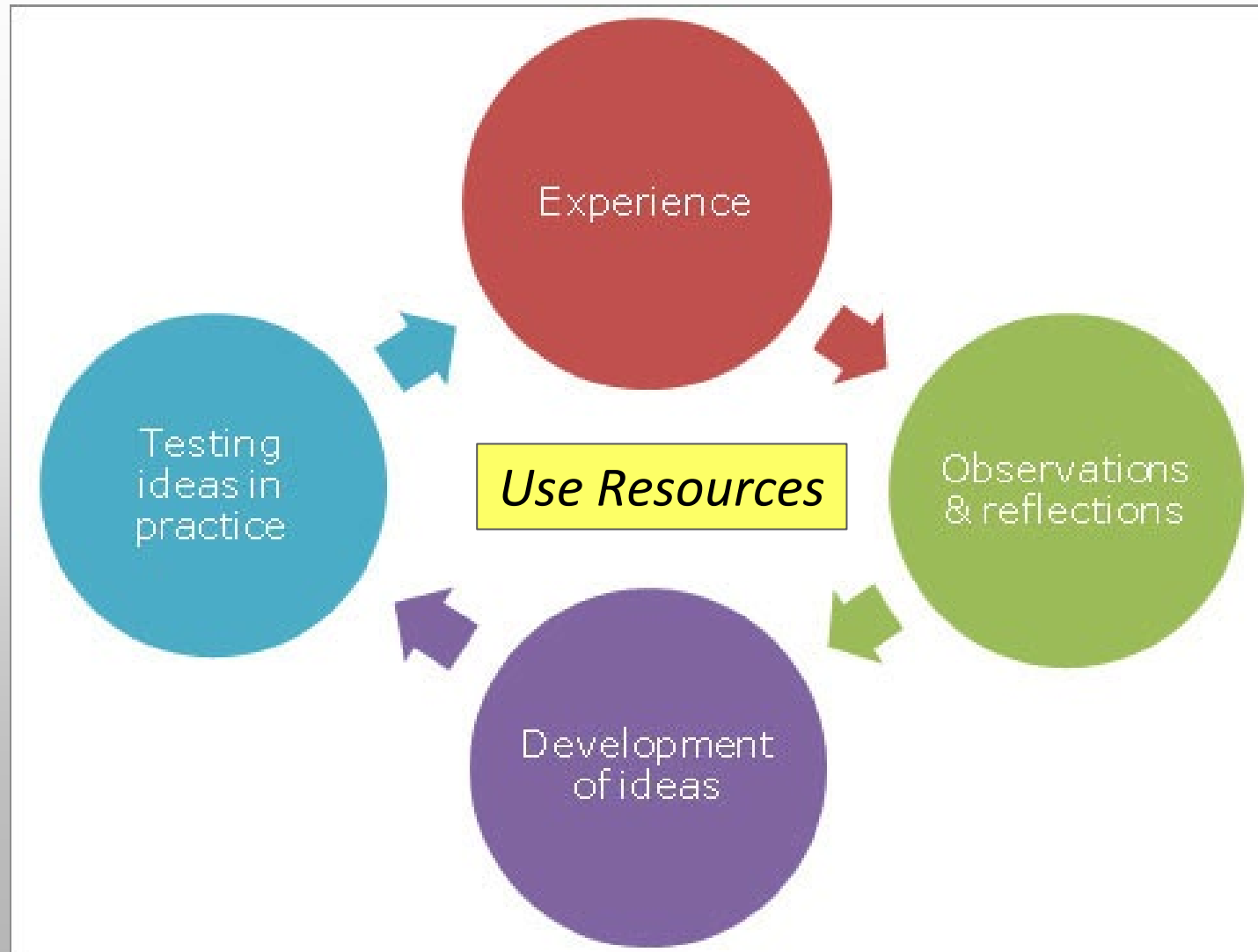
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*How much will I learn/take away...?*

$$\frac{2}{1} = 200\%$$



# “Wow – that was a lot – Now what?”



# Three Book Resources

- *Daring Greatly* and *Dare to Lead* by Brené Brown
- *A Hidden Wholeness* by Parker Palmer
- *Fierce Joy* by Susie Rinehart

# Thank you!

**I want to hear your Thoughts & Questions (LATER)**

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*Avid4 Adventure, CEO  
NOLS, Wilderness Medicine and Risk Services Instructor  
AORE, Board of Directors*

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# Thank you for attending!

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## PLEASE FILL OUT A SURVEY FOR THIS SESSION

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