



NALS OUTDOORS INDIA PRIVATE LIMITED

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CERTIFIED OUTBOUND FACILITATOR (COBF)

Introduction

Outbound Training (OBT), at a higher level, requires Adventure and Facilitation skills. Quite unlike class room training, OBT evokes several emotional and physical attributes that can help the participant reflect on his behaviours and skills. This process can be accelerated under the supervision or guidance of a Facilitator. NALS wishes to fill this gap by offering certification programs in the field of **Rock Climbing & Facilitation**. We believe that this is a unique program and one of its kind in our country.

We endeavour to inculcate the highest safety / survival skills in professionals who have enormous passion to work with people.

Key Information

- Duration : 42 days (flexible)
- Location : Nilgiris, Coimbatore, Bengaluru
- Age Group : 25 ~ 65 years
- Intensity : * * * * (High)
- Batch Size : 02 ~ 12

What are the key differences between COBF and regular Facilitation courses

1. Regular Facilitation programs offer service to 100s of professionals and help them understand human behaviours and management. But, almost all of them are offered in classrooms or flat outdoors. With all good intentions, these programs will help one improve their skills and understanding of human behaviours. However, the need of the hour is character building and not skill development.
2. NALS offers the COBF program in the outdoors with all the elements of nature, wildlife, mountainous terrain, adventure activities and the risks associated with the same. Such an outdoor program will dramatically improve adaptability, survival skills, physical and mental agility, and give the participant a rugged and tough outlook or personality. To summarise, character building is possible with the COBF program.

Who is eligible for this program?

1. Any graduate with a minimum of 5 years work experience
2. Immense passion for the outdoors and insatiable appetite to motivate other people
3. Physically fit and ability to take the rough road
4. Professionals with experience in people management will have a definite advantage.
5. Excellent command over written / spoken English
6. Role Model for young people in various spheres of life.

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NATION BUILDING, ROLE MODELLING & CHARACTER

India needs strong role models who are of good character so that future generations can inspire themselves and become disciplined citizens. Currently, there is a general belief that such role models are scarce and hence there is huge proliferation of bad habits, poor punctuality, indiscipline with respect to food, fitness and important lifestyle habits

NALS seeks candidates who are role models for young people and exhibit the following habits and characters. If not already, candidates must be willing to **demonstrate exceptionally high self discipline** and groom themselves into role models in several of the following areas:

1. Ability to inspire other people through own examples of hardship and sacrifice
2. No Smoking, drinking or drugs - complete teetotalers
3. Fitness and health as a way of life - they inspire personality and energy
4. Very good in punctuality - a habit so scarce in our country
5. Very good food habits - appropriate food, appropriate time and no wastage
6. Exceptionally high Integrity and Morality
7. Passion for Nation Building

SWAMI VIVEKANANDA's quote on education:

"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have accumulated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library. ..."

The **CERTIFIED OUTBOUND FACILITATOR (COBF)** program is an experiential learning program with hands on learning opportunities that has following components:

1. Outdoor and Adventure activities
2. Floor level games and interpersonal activities
3. Research and assimilation of own concepts for thought provoking ideas

Major skills required to become an Outbound Facilitator

Outbound training is a platform for personality development, confidence building, and team building. The current program includes a mix of adventure, outdoor, and group development exercises and simulations.

1. Experiential education
 - a. One should be an expert in experiential education and have relevant experience delivering outbound training programs.
2. Communication

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- a. One should be able to communicate clearly and respectfully, listen actively, and foster an open dialogue.
3. Leadership
 - a. One should have strong leadership skills, adaptability, empathy, and a passion for experiential learning. You should also be able to inspire and motivate others.
4. Some responsibilities of an outbound facilitator include:
 - a. Developing customised training programs for organisations
 - b. Facilitating outdoor and indoor training sessions
 - c. Assessing team dynamics and providing feedback for improvement
 - d. Collaborating with clients to understand training needs and objectives

Future of Facilitation - scope for growth

There is a huge potential need for FACILITATORS and we strongly believe that growth and fulfilment go hand in hand during the coming years, for the following reasons:

1. Most human beings require an external push to make changes to their life and skill sets
2. While general training imparts knowledge or information transfer (which is forgotten soon, if not used), Facilitation pushes the participant to think at a deeper level on making changes to his or her habits and behaviours.
3. Many organisations and education institutions are already investing in their human resources and this is expected to grow. For eg. AICTE has made OBT mandatory for MBA curriculum since 2023.
4. Student educational tours are mostly about sightseeing and entertainment, whereas the need is all about character building. Further, it appears, most schools have missed the bus when it comes to character building. Hence, there is an abundant need to intervene through a Facilitator.
5. Facilitators can add additional skills or qualifications in the areas of coaching, NLP, personality assessments, and grow themselves.

Program Highlights

- Delivered at our spectacular campuses near Coonoor and Bengaluru
- Delivered by Industry expert NALS
- Survival skills - Trekking and outdoor safety management
- Group handling – activity design, process and facilitation
- Ethics, values, understanding human emotions and behaviours

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Course Description

The COBF course can be completed between 6 - 9 months. A total of 42 days is planned for completing the various modules. The overview is as below:

Heading	Location	Duration, days	Residential	Stay
Basics of Facilitation and OBT	Nilgiris	6	Yes	Continuous
Basic Rock Climbing, Certification (BRCP)	Nilgiris	5	Yes	Continuous
OBT Internship	Nilgiris / Bengaluru	16	Yes	Flexible
Independent OBT delivery	Nilgiris / Bengaluru	15	Yes	Flexible

Details of various modules are as below:

1. Basics of Facilitation and OBT
 - a. Coonor, Nilgiris – 6 days - with full boarding / lodging - dates are fixed
 - b. Orientation and course briefing, evaluation standards and methodology
 - i. Trekking and Outdoor activities – High Ropes, Rappelling, ZIp Line, etc
 - ii. Self Discipline, Habits, Personality and Grooming
 - iii. Fitness Training and evaluation
 - iv. Public Speaking and Mentoring
 - c. Understanding the purpose of Facilitation
 - i. Primary negative emotions and related Human behaviours
 - ii. Evolution of behavioural traits
 - iii. **Primary traits of Leadership - Fear, Courage, self confidence, ethics, personal habits and role modelling, morality and integrity**
 - d. Facilitation process
 - i. Target Audience, objective planning and games
 - ii. Facilitation and connecting audience with real life or career
 - iii. **Self Awareness and self management**
 - e. Evaluation and summarisation
2. Basic Rock Climbing Program (BRCP)
 - a. Coonor, Nilgiris - 5 days / 4 nights - with full boarding / lodging - dates are fixed
 - b. Certification by JAIN UNIVERSITY, BLR
 - c. Become a Certified BELAYER through hands on training on rope bridges and rock
 - d. Exceptional fitness is required for this module
 - e. Click here for more details:
<https://www.nals.in/basic-rock-climbing-program-brcp-m.htm>
3. OBT Internship - with full boarding / lodging - dates are flexible

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- a. Candidates are expected to visit our campus for hands-on training and experience with various target audiences. Dates have to be mutually agreed.
 - b. Over a period of 16 days, spread over 2-3 months, one gets to learn the fine art of Facilitation
4. Independent OBT delivery with CRM - About 15 days
- a. Candidates are expected to visit several client groups (no targets) and try their hand at Client Relationship Management (CRM). This will give them an enormous boost to their sales skills and market dynamics
 - b. Visit our campus(es) for independent design and delivery of the OBT sessions for various target audiences. Dates have to be mutually agreed.
 - c. This can be spread over 2-3 months as the candidate can gain confidence and strength before launching himself into an independent Facilitator
 - d. Candidates will receive stipend for this period, about Rs. 2000 per day for campus visits.

Program Alteration

It must be borne in mind that the program schedule can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, mountain weather / road conditions are unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program. It is quite possible client groups cancel their camp visit due to reasons beyond their control. In such situations, candidates may have to cancel their travel plans and reschedule for another day.

Food and Beverages

The participant is assured of a simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks.

Fitness and Skill requirements

Trekking and Climbing are physically demanding activities and require high cardiovascular strength, strong arms, shoulders and legs. Participants are required to have medium to high fitness and endurance to accomplish the tasks / activities in the program. As a benchmark, any participant must be able to walk 10 ~ 14 kms, ascend moderate to steep gradients and possess high strength in the upper body. It is therefore advised that participants exercise themselves rigorously prior to arriving for the program. Further, fitness is also one of the areas that will be evaluated during the program.

Package Cost

Cost per participant INR (Rs.) 198,500

Note: Candidates can expect to receive Rs. 30,000 as stipend - see module 4 above

Scope & Inclusions

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- Vegetarian meals and beverages
- Shared accommodation in bunk bed dormitory
- Qualified Instructors during the program
- Safety equipment and supervision
- GST

Exclusions

- Travel to and from NALS campuses from home town or place of residence
- Meals, accommodation & transit expenses during journey
- Personal accident insurance. We suggest a minimum of
 - Accidental Death (5 lacs)
 - Medical insurance (2 lacs)
 - This is compulsory for all participants and to be obtained on their own

Certificates issued after successful completion

1. Jain University certificate as CERTIFIED BELAYER
2. NALS certificate as CERTIFIED OUTBOUND FACILITATOR

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

- | | | |
|----|----------------------------------------------------|-----------|
| 1. | More than 30 days prior to commencement of program | Rs. 2,500 |
| 2. | 15-30 days prior to commencement of program | 10% |
| 3. | 8-14 days prior to commencement of program | 25% |
| 4. | Less than 8 days to commencement of program | 100% |

Very rarely, NALS may be forced to cancel a program due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of the program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, cancellation charges will be higher depending on the air carrier and this may vary from time to time. Please check your tickets.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialised medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition outdoors.

Some of the wild animals in this area are: Indian Gaur, Bears, Boars, Deer and foxes. In case you see some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature is mandatory for participation in our programs.

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