



## WHAT IS THE DIFFERENCE BETWEEN THE 5 DAY AND THE 7 DAY VITAL COURSE?

The 5 Day VITAL Course is a real compromise to the holistic 7 day program but has been cut to 5 days by request of organisations that require a Monday - Friday style program.

### How are they different?

#### The 5 Day Program:

- Focuses on skills and a taste of the VITAL paradigm and how to use No Limits, Unlimited & No Limits 4 Mates.
- Misses out on the depth of reflection and implementation, depth of personal growth, some sessions and community building experiences.

*The 5 Day Program is better suited for Youth Workers if:*

- You are already experienced and comfortable do programs with students
- You already familiar with or largely operate in the VITAL style Paradigm (Paradigm survey)
- Your preferred style of teaching others is not about telling but use a 'process of self discovery learning'.
- You are emotionally resourced (not close to burnout and feeling emotionally strong to take on personal challenges)

#### 7 Day Program:

- Gives more time for reflection (An Unreflected Experience is a lost experience) and implementation of what you are learning and absorbing the freedom this unique paradigm offers. There is also the huge benefit to our personal/spirit growth while journeying in more informal and structured community experiences.
- Gives a stronger model and benchmark to take back into your own environment.
- More community building activities to use back home and laughter.

The Feedback is continually positive – Although it appears the benefits far outweigh the extra 2 days away. Partners and work colleges also appreciate the benefits.