



COURSE IMPACT REPORT

BAE Systems. Mental Health | January 2020



OUTWARD BOUND OMAN

Founded in 1941, Outward Bound is one of the world's oldest and most far reaching human resource development organisations, with over 30 schools world-wide. Launched in 2009 by the Minister of Education and granted Foundation status in 2014 by Ministerial Decision, Outward Bound Oman (OBO) is the first Outward Bound school in the Middle East and reflects the importance His Majesty's government places on preparing the next generation for the future.

A not-for-profit educational initiative, OBO uses challenging journeys in the mountains and deserts of Oman to develop key life skills, and help people realise their potential. Through a combination of this journey, setting up camp, cooking, group activities and fire-side discussions participants learn more about themselves and their own abilities. The adventurous journey forces people out of their comfort zone. They have to work together as a team to reach the end, learning the importance of good communication, organization and leadership along the way – all key life skills.



COURSE INFORMATION

Outward Bound Oman welcomed **Jo Roberts, CEO of leading UK charity The Wilderness Foundation** to Muscat to observe and support the first course being delivered for Omani youth experiencing challenge in their lives.

The course was designed specifically to help build self-esteem, reconnect young people to reality, improve mental well-being and promote resilience and employability; such courses are particularly relevant for young people experiencing such issues as anxiety, depression, trauma or bereavement.

Like all Outward Bound Oman courses, the three-day programme took place out of doors, in the Sharqiya Sands, enabling the participants to get close to nature in a safe environment away from the pressures, issues and struggles of day-to-day life.



27 – 29
January 2020



OBO DESERT CENTRE
SHARQIYAH DESERT
AL QABIL



10
participants



3 DAYS



540
CONTACT HOURS



DETAILED COURSE OUTLINE

	Day 1	Day 2	Day 3
Morning	09:00 leave OBO office & head to course location	06:15 wake up, get ready, take tents down.	05:30 wake up, return OBO equipment, get ready, empty tents, breakfast
	11:30 arrive at course location Start with an icebreaker Introduce OBO + course location info	07:00 breakfast 07:30 pack vehicle Energizer Inspirational readings, distribute roles, start hiking	06:00 breakfast 06:20 clean & pack equipment 07:00 Inspirational readings Energizer
Afternoon	Lunch & prayer break	First 100 meters: Stand up straight (proud posture) follow GPS navigator in silence, walk slowly, look around, explore details, take deep breaths.	Personal Action Plan (Adapted) Mountain of Learning
	HSE brief	10:00 Snack break, change some roles, play a fun energizer, stress relieving activity. Continue hike Debrief hike	Closure Activity: Committing to applying the learning: Put the Action Plan in a frame & take away some sand as a souvenir. Feedback forms Short Hike to bus
Evening	Course objectives Use emotion cards to express aims & expectations.	12:00 lunch spot: lunch & prayer break Energizer Stress balloon activity: discuss issues through emotion cards.	11:00 Bus back to MCT
	Energizer Secret Friends activity Short hike to campsite	Energizer OBO team building activity Self-thank you notes: A3 paper, colorful stick it notes. Each note is for a little thing that you do/have done to get through your issues every day. Inspirational quotes Continue hike to campsite	
	Arrive at camp: unload vehicle, put up tents	Arrive at camp: unload vehicle, put up tents	
	Introduce life maps (short meditation activity): Draw life maps to share with others: Who am I? how can I summarize my life story? (milestones)- This will be a solo activity, pax scattered on top of sand dunes watching the sunset.	Sunset watching activity: (blow away all our negative feelings) self-love letter.	
	- Barbeque preparations to be done by instructors	- Dinner preparations to be started by instructors	
	- Dinner & washing up	- Dinner & washing up	
	- Flood light off, fire on: Chance to share life maps, impact of solo & review of the day.	- Flood light off, fire on:	
	- Good thought minute.	Chance to share letters, impact of solo & review of the day.	
	- Plan for next day	Good thought minute.	
	- Off to bed	Plan for next day	
		Off to bed	



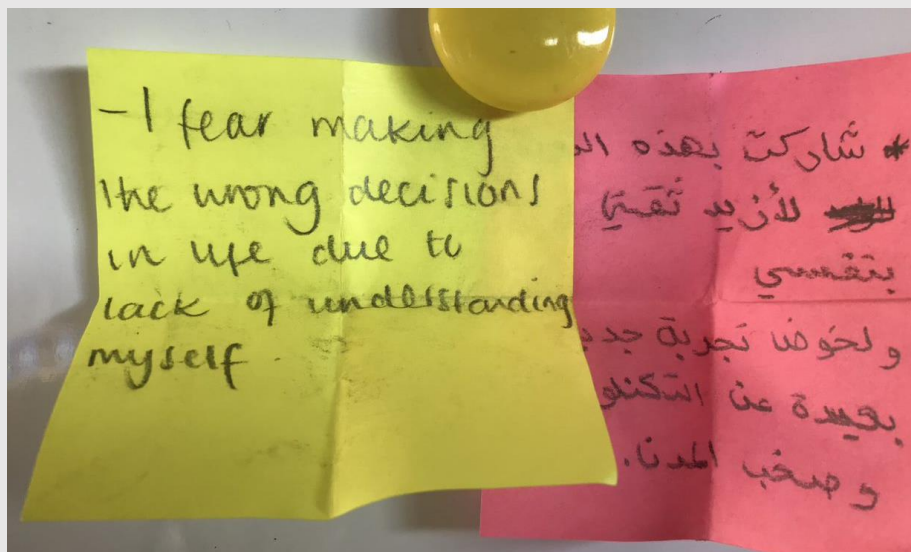
PARTICIPANTS FEEDBACK

On every OBO course participants are asked to reflect on their experience.

Along with written answers to specific questions, participants are given different statements and asked whether they strongly agree/agree/disagree/strongly disagree with them or are not sure of their answer.

The statements are designed to reflect the following course objective:

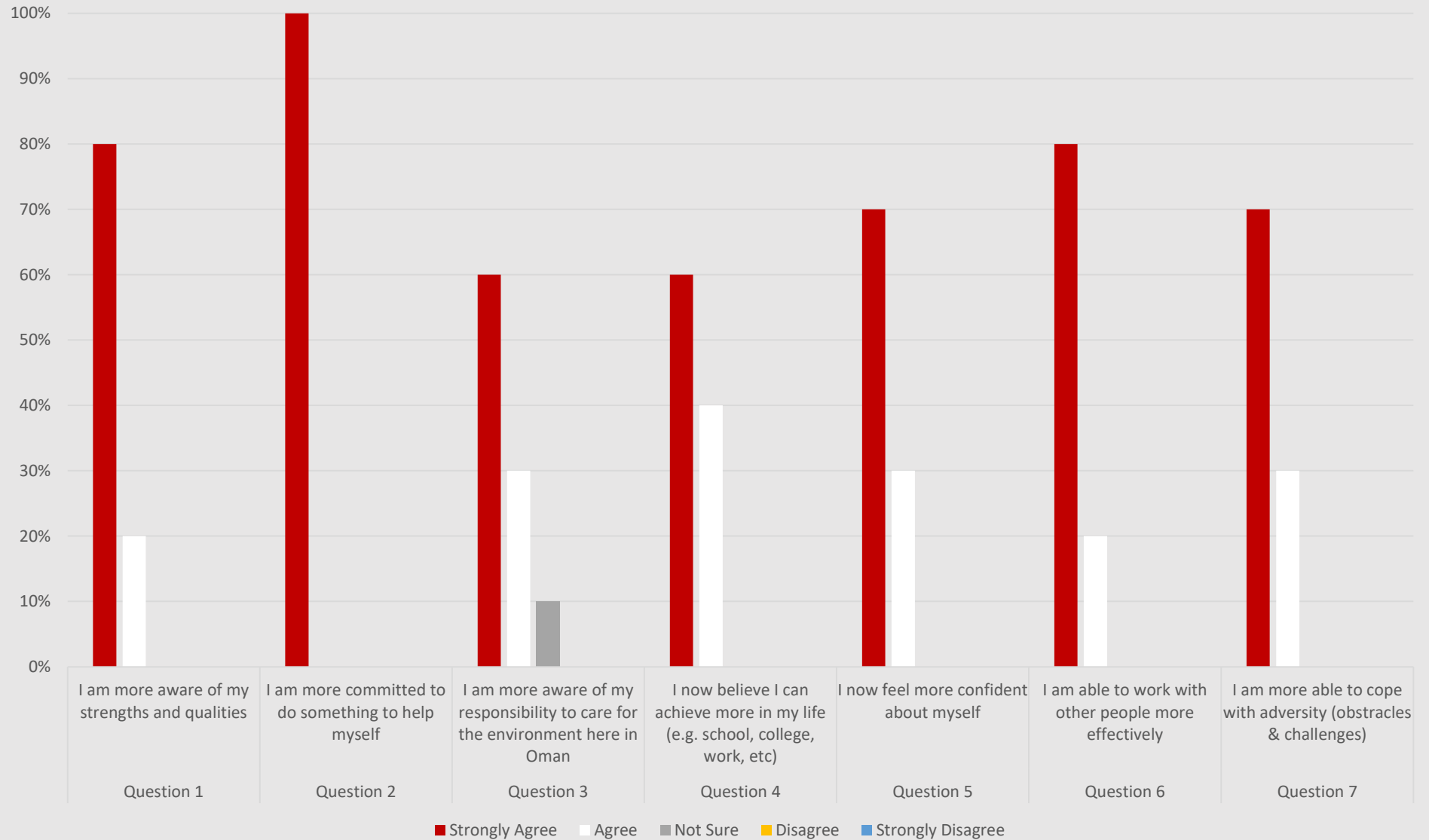
1. To acquire and develop self-confidence, resilience and a positive mindset.
2. To promote mental wellbeing and self-awareness among young people.
3. To offer a suitable environment to reflect and reassess priorities.
4. To discuss mental health issues and come up with SMART strategies to overcome them.
5. To create an action plan to achieve success in educational and professional pathway.



The numbers in **yellow** on the right of each statement indicate the combined percentage for strongly agreed and agreed answers to questions on the feedback form. The full range of responses are detailed over the page.

1.	I am more aware of my strengths and qualities	100%
2.	I am more committed to do something to help myself	100%
3.	I am more aware of my responsibility to care for the environment here in Oman	90%
4.	I now believe I can achieve more in my life (e.g. school, college, work, etc)	100%
5.	I now feel more confident about myself	100%
6.	I am able to work with other people more effectively	100%
7.	I am more able to cope with adversity (obstacles & challenges)	100%

PARTICIPANTS FEEDBACK





QUOTES FROM PARTICIPANTS

“This course allowed me to do a lot of self-reflection and process my emotions, and find more ways I can use to cope with this in the future”- **Rawan Al Mujaini, Participant**

“I loved the fact that we had in our phones, disconnect from the outside world we’re used to and to connect with others and the nature without any distractions”- **Alliyah Nassor, Participant**

“My goal after this course is to take things step by step, by releasing the pain, negativity and focusing on the positive side that will help you go forward”- **Ahmed Al Sawwafi, participant**

“The fact that the course allowed me to open up to the group about my struggles/ inner conflict, to feel unhooked and free from all the things that worry me (at least for a few days)”- **Rawan Al Mujaini, Participant**

“Yes I’ve always been afraid of talking in front of people but now I’m more confident. I also have more positive thoughts and learnt a lot on how to cope with negative thoughts through others”- **Shamsa Al Harthy, Participant**

“This course helped me to look into things from different perspectives, to listen to others’ opinions and discuss them for a better life”- **Ibrahim, Participant**





QUOTES FROM PARTICIPANTS

“Three things I liked about the course, trusting and believing that we can do anything even if it’s difficult, accepting differences and helping and encouraging each other”- **Ahmed Al Sawwafi, participant**

“I enjoyed listening to people’s coping mechanisms as it introduced me to different ways of dealing with my problems”- **Rola Al Mujaini, Participant**

“I learned to serve and respect others, to love and appreciate”
- **Akram Hussain, Participant**

“This course allowed me to step out of my comfort zone, and made me realize that I can do something if I set my mind to it”- **Rawan Al Mujaini, Participant**

“My goal after this course is to give myself the benefit of the doubt, be kinder to myself and criticize myself less often”- **Rawan Al Mujaini, Participant**

“This course has helped me understand myself better as a result, I am confident in making the right decisions in life and to accept and learn when they go wrong”- **Alliyah Nassor, Participant**

