DEPARTMENTS

6 ART AMONG THE FLOWERS
“Art Among the Flowers,” highlighted the arts, design and the Anchors Away Foundation, which provides sailing programs for physically and intellectually disabled children, giving them the freedom on the water that they may not experience on land.

10 SUCCESSFUL PARENTING
Louis and Nancy Berlin conduct a series of parenting workshops to help with communications skills and offer successful parenting techniques and strategies to help make personal, professional and family goals a reality.

13 VOICE FOR CHILDREN
A Guardian ad Litem is a specially-trained volunteer whose role is to get to know the child, establish a bond, gather information from everyone in a child’s life and effectively advocate for what is in the child’s best interest in both the community and in the courtroom.

16 FOOD & WINE IN AVENTURA
History was made last month with the First Annual Aventura Wine & Food Festival, held at Gulfstream Park. The event showcased some of Aventura’s upscale eateries, gourmet delis, bakeries, confectionaries and healthy organic bites.
A ropes course requires facilitators who understand the magical possibilities of the process. Greg supervises a staff of ropes course and team-building professionals who are skilled at leading programs that are safe, fun and valuable to the participants. Each facilitator brings their unique life experience, high energy, flexibility and expert training to their work. Greg maintains his high standard and reminds all to “trust the process.”

That process usually follows a classic ropes course, getting the participants up, moving and accustomed to each other, the environment and the facilitators. More intense ground initiatives and conversations that follow allow groups to explore problem solving skills and dig deeper into how their approach to these activities mirrors how they do their job or operate in the ‘real world.’ The program usually concludes with an opportunity to climb while friends and co-workers, closely supervised by the TRAC staff, hold the safety belay rope. Climbing brings an emotional end to the day's program, with reflection on the experience and the next step. A kayak option is also available.

No one is ever forced to climb, or participate more than what is appropriate for them. Considering the active nature of ropes courses, a surprising aspect of TRAC is that participants do not have to be physically fit, brave or adventurous to get value from being there. The staff makes every accommodation for a participant’s physical limitations, exuberance and personal preference.

Full day programs last six to eight hours. Shorter programs are available as well as catering.

For more information, contact Jennifer Cooper at 305.919.5912, cooperj@fiu.edu or visit www.trac.fiu.edu.