



Tell me, and I might remember
Show me, and I could remember
Let me do it, and I will always remember

People Learn and retain information best through **EXPERIENCE**



All human beings are born with certain inherent skills, abilities, and mannerisms. It is through experience that those abilities can be developed.

Experiential Learning is one of the most significant areas for current research and practice in young and adult education.

Life Force strives to create an environment for our participants to successfully gain self directed lifelong learning through Experience no matter what their age. For them to be provided an optimum supportive and accepting environment to develop working knowledge, gain practical experience, and improve self understanding.

Individual and activity goal setting and reflection provides optimum social and communication skill development opportunities. Experiential Activities are designed to actively improve situational learning, discover, understand, and process emotions, and practice problem solving.