



## TEEN PROGRAM INFO SHEET

### North Carolina / South Carolina Teen Retreat

## 2023 Leading Edge Preview

For this year's Leading Program, participants will explore "systems", or the small ways in which we live our lives, and what it says about who we are and our future goals. Sourcing research and considering ideas from James Clear's bestselling book Atomic Habits, this year's program will look at connecting and creating community with others, identifying the current habits and systems we use and how that informs who we are, considering the difference between a "goal" and a "system", building helpful systems to become the people we want to be, and reflecting on ways to maintain those systems as we go out into the real world. We will explore these ideas using games and community building activities that will have participants on their feet and interacting with each other in fun and memorable ways.



## Who is GutMonkey?

GutMonkey is an adventure education company, whose mission is to provide foundational, life changing experiences for communities with chronic health conditions that improve health outcomes, build communities, dismantle stigma, and increase awareness. Through our partnerships, GutMonkey has helped more than 25,000 patients with chronic health conditions build community and improve health outcomes by creating innovative and transformative experiences. For more than 20 years, GutMonkey has served patients, aged 7 to 70, in all 50 states and across the diagnostic spectrum of bleeding disorders and other chronic medical conditions.

## Special Thanks

Leading Edge is made possible through the generous, continued, and exclusive support of Pfizer. From day one, GutMonkey has been able to offer these programs to bleeding disorder chapters for free across the country.

## What is LEADING EDGE?

Gutmonkey has brought Leading Edge to the bleeding disorder community for 16 years thanks to the generous partnership and sponsorship of Pfizer. Leading Edge is an experiential education program that tackles some of the most current and pressing challenges in the bleeding disorder community through deeply engaging education programming, and was the first national program offered by GutMonkey. Leading Edge is offered to chapters as a teen program, keynote speech, parent program, and/or general session. Through games, activities, discussions, and meaningful experiences, participants are able to learn about current topics related to their bleeding disorder, consider their personal health goals and outcomes, and connect with other people in their community in a lasting and meaningful environment.

