

## Be Awesome - NY/NJ Winter Workshop in Port Murray, NJ

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This workshop began with all the participants dividing into small groups. The participants first had to find out who their teammates were by assembling a puzzle, then the pieces came together to form a map for each team indicating where their team leaders were located.

Throughout the workshop, they spent a lot of time within these groups, having fun and bonding through different activities. A highlight was for them to be able to share deep and meaningful moments with their fellow brothers and sisters. The staff held sharing exercises that allowed participants to be vulnerable and practice empathy. They also had a challenging workshop-wide activity in which participants had to support each other to accomplish a goal.

“Being able to celebrate extravagantly in their victory was also a highlight,” said one of the staff. “Everyone became a lot closer in their teams and felt energy from that.”