

The Tech-Less Adventure Program/Tailored (TLAP-T) is one of a variety of specialized citizen specific programs designed to educate, mentor and evaluate ages 16 and above. Within TLAP-T the emphasis is growth intellectually, emotionally and kinesthetically in a 100% technology free environment with an added emphasis on nutrition and fitness.

TLAP-T is tailored to the attendee audience and their respective needs/requirements. and presented over a 21 day period.

The TLAP model is based on the three "C" concept of education-training. It begins with building comfort with subjects/activities, confidence and ultimately competence. Each attendee is taken through a variety of disciplines that makeup the TLAP-T core. The core includes but is not limited to:

- * Psychology of Personal Responsibility
- * Nutrition-Fitness
- * Cognitive and Kinetic Phase #1 (Foundation Building)
- * Cognitive and Kinetic Phase #2 (Wilderness-Land)
- * Cognitive and Kinetic Phase #3 (Wilderness-Water)
- * Culmination Events-Exercises

TLAP-T prepares each attendee to function/operate as well as lead in a dynamic,exciting, adventurous environment during the 21 day period. All disciplines/training are life skill specific and are taught based upon a progression style concept that culminates with each attendee participating in dynamic, high energy adventures in which all learned disciplines are applied.

The desired TLAP-T end state...a deeper sense of understanding of yourself, less technology dependence, creation of a nutrition/fitness foundation, improved self-esteem and excitement about self-reliance and a renewed overall life outlook.

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For more Information regarding TLAP

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Technology Less Adventure Program Train---Mentor---Succeed



100% Technology Free Program



ADD Action Coach Inc and the **TATSOR™ Group** are the creators, developers and presenters of the **TLAP** suite of programs.

ADD Action Coach, Inc.

Christine L. Robinson, M.Ed is the founder and President of ADD Action Coach, Inc. She is a Master Certified ADHD Coach/Educational Consultant with over 13 years of experience coaching children, teens, adults, couples and college students. As well as having her private practice in Nashville, Tennessee, she is also associated with the Hallowell Center in New York City. She is considered an expert in the field of ADHD and writes for Attention Magazine and a frequent guest on CHADD's Attention Talk Radio. Christine is passionate about reducing screen usage and helping her clients reclaim their lives.

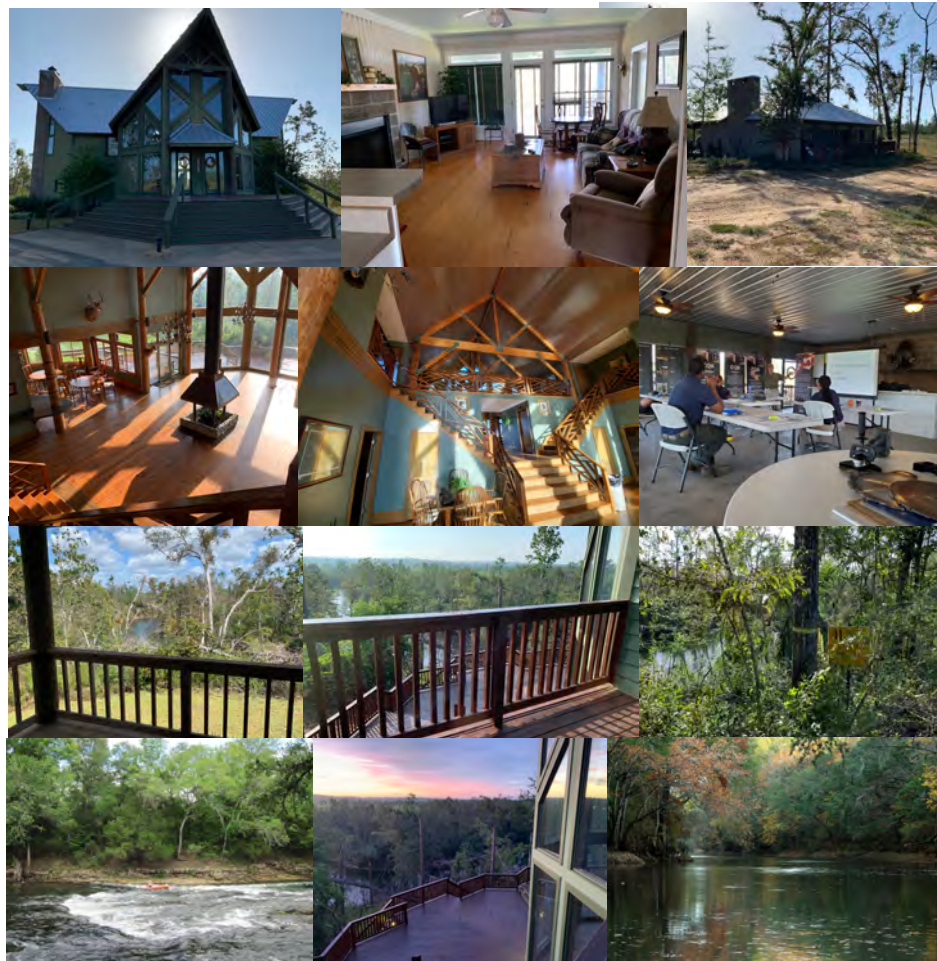
The TATSOR™ Group.

John Sieh is the founder, owner and Director for the TATSOR™ Group. The Group is a professional training and advisory organization that specializes in law enforcement, corrections and military special operations with emphasis on high-risk incident management subjects. The TATSOR™ Group utilizes a world reknown training/mentoring management system that allows for a unique learning experience. The TATSOR™ Group provides the facilities, equipment and lead instruction for the TLAP-Suite of programs to include the TLAP-T.



"The Farm"

The foundation **TLAP** program is presented at a unique and expansive venue in the Panhandle of Florida known as "The Farm". Situated on the Chipola River midway between Tallahassee and Panama City Florida this location encompasses nearly 1,000 acres with a myriad of training/adventure areas. "The Farm" includes 4 star lodging and catering, extensive water-land activity/event areas, hiking areas, wilderness adventure areas and much more. "The Farm" is 12 minutes driving from Interstate 10 and one hour driving from Beaches International Airport (Panama City) and Tallahassee International Airport.



Additional TLAP-T Information

The **TLAP-T** program emphasis is growth physically, intellectually, emotionally and kinesthetically in a 100% technology free environment.

A further breakdown of the identified core training areas includes:

- * **Psychology of Personal Responsibility** (Understanding and living responsibility for ones self and actions)
- * **Nutrition-Fitness** (Eating sensibly-healthy and fitness encompassing an overall program)
- * **Cognitive and Kinetic Phase #1** (Nutrition-Fitness Foundation creation; Adventure Activities Introduction)
- * **Cognitive and Kinetic Phase #2** (Wilderness-Land to include Flora-Fauna-Wildlife familiarization; Hiking; Navigation with Map and Compass; Survival)
- * **Cognitive and Kinetic Phase #3** (Wilderness-Water to include Canoeing-Kayaking; Swimming-Snorkeling; Navigating with Map and Compass on Water; Survival)
- * **Culmination Events-Exercises** (exercising all learned lessons-skills in a variety of environments and settings)

NOTE: Once the TLAP-T has been completed participants will be afforded the opportunity to participate in a support role in an upcoming TATSOR Group Specialized Training Program. This provides the TLAP -T graduate an opportunity to experience a program with similar attributes to the program they attended from a totally different and unique view thus reinforcing all TLAP-T lessons learned.

