



Given the choice, would you stay in your comfort zone or venture out to discover new things?

The Comfort Zone

"Comfort Zone" is a concept that many people are familiar with... Ideas associated with the comfort zone include *personal space, familiarity, competence, non-threatening, congruence, predictability, relaxation or calmness.*

Ideas not linked to the comfort zone are:

- **Growth**
- **Change**
- **Learning**

The challenge and experiences offered by Dagaz Acres Leadership Center are designed to help you **discover new parts of yourself** and to explore meaning and purpose in new areas of your life.

During the Low Challenge course experiences, you will be given the choice to stay in your comfort zone or venture out to the edge and discover new things. In fact, you will be asked to do many unfamiliar and often difficult things and then asked to reflect on those experiences and share your thoughts and feelings with others.

It is important to note that all of your challenges are by choice! You will never be forced to undertake any challenge. But should you decide to break out of your comfort zone, you may find yourself breaking through into an area of new awareness, learning and behaviors that will help you in every facet of your life.