

LEADERSHIP WILD RESET PYRENEES



A Journey for Senior Executives & High Potentials



Growing your Leadership by growing your Robustness & Resilience

How are the bearings of my compass? How well can I hold on to my course? How stable am I on a slippery track? How much adversity can I deal with? When my legs burn, my breath screams? I have said yes and have the ambition to make it! But how robust and resilient am I? Will/do/can I stand the heat of the climb, the wetness of pouring rain?

You're invited to join us on an outdoor track in remote and rewarding territory. To explore internally as well as externally. Our steps will lead us over the peaks of Catalunya. The track will be as real as it will be metaphorical. Because we will be A Journey for Senior Leaders & High Potentials talking whilst walking.

Together we will reflect upon ourselves, on who each of us is, or -better said- who we have become. We will support each other in asking ourselves profound questions: Why do I (not) do what I (not want) to do? How have I become who I am today? What are my critical life-experiences? How do they impact me? Do I still like who I am (which aspects yes, and which aspects no)? What about me is authentic and what is conditioned? How does it all show in my work-life and in my private-life? In the ambition I have, the inspiration I seek, the path I choose to take. This journey is geared to help reset your bearings and grow your inner awareness.



The Team

'We' are a group of 4-6 participants and 3 guides. Participants are senior leaders and high potentials. All of us have dreams and bruises. The guides facilitate the journey across the mountains as much as the inner journey. What we all have in common is a longing for inspiration in our lives and deeper self-awareness. For living life to the fullest. We are all open for reflection, for sharing, for mutual support and for challenging our ego. We long to take that next step in self-leadership to be a force for positive change in our circles at work and at home.

Program

Our journey spans 7 days during which, the Catalan Pyrenees will be our home. We arrive in the south of France after a train ride where we will start the journey and our conversations. Day 2 to 6 are days of intensive tracking and continued talking. Each day, the trail will bring us through beautiful valleys, past mountainous lakes, over the peaks of Catalunya and will reward us with inspiring views, to then arrive at a place to set up camp.



Level and Theme

The theme of this journey is 'Leadership Reset'. You are invited to reflect on your leadership and use nature as a metaphor and source of inspiration. We will be off the grid, away from known structures, away from home, from our bed, our shower, from our habits, away from the everyday entertainment. We leave telephones and watches behind – where we are is anyhow no reception (we're connected to home by an emergency – satellite phone). Meanwhile we create a setting to let go of the issues of the day. We use the simplicity of the outdoors and the forces of nature as a driver for a reset. Every day will be filled with new insights from cruising the land, from challenging questions, from reflecting inside, from our continued discussions. Not your usual work week or 'day-in-the-office'.

The most important entry requirement for this trip is a healthy body and an open attitude. An average to good fitness level is required for this outdoor journey. We will be hiking long hours with a serious backpack. Experience in mountain terrain is desirable but not mandatory. Experience with (wild) camping is a plus, but not necessary.

On participation we will do a twofold intake, whereby we will focus on your goal & intention and secondly the gear & preparations.



The guides



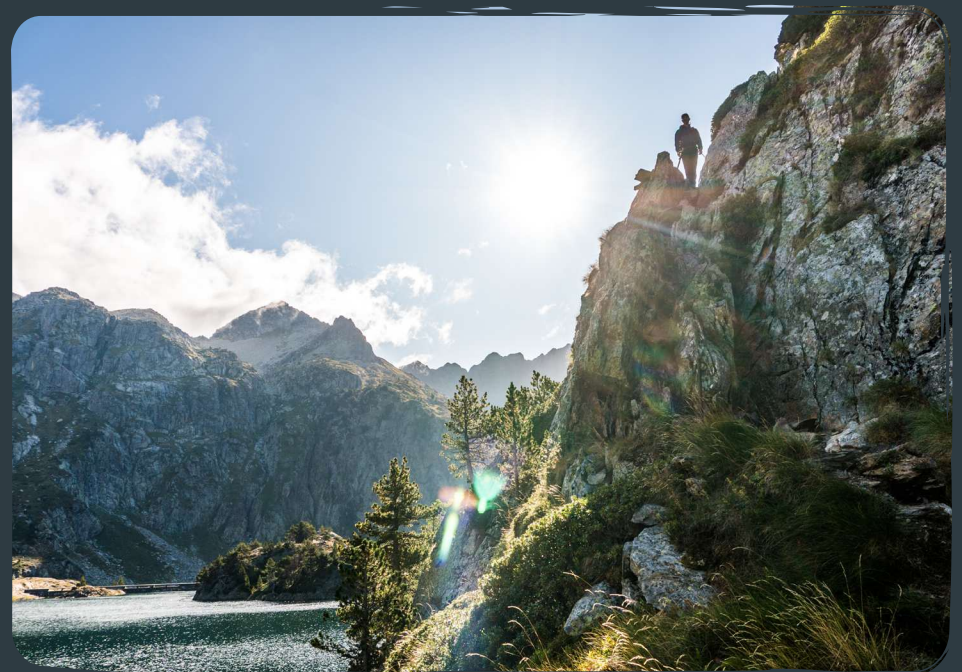
Arri Pauw – guide for the inner journey – over 27 years seasoned coach of individuals and teams at the senior levels of organisations across Europe, outdoor experience in multiple countries and continents



Nick Platje – mountain leader for the mountain journey – founder of Rewild, an organisation connecting people back to nature. As former member of the Dutch Royal Marine Corps experienced in leadership in extreme and stressful realities and still finding ways to continue.



Boaz Pauw – mountain leader for the mountain journey and support to the inner journey – experienced in outdoor journeys and schooled in the qualities of non-violent communication.



Food and drinks

The food is organized by us for the entire week and is included in the price. This means breakfast, lunch and dinners during stays, as well as camp meals.



Necessary gear

You bring:

Documents:

- Passport
- Health and travel insurance documents
- Essential (medical) information
- Bank card

Hiking clothes:

No cotton (cotton absorbs body heat and cools you down too much). Preferably fast drying material and/or wool)

- Hiking shoes at least category b and waterproof
- Hiking clothing and multiple sets of warm socks (merino wool)
- Baselayer shirts long and short sleeves
- Midlayer(s) upper body synthetic, wool or fleece
- Softshell hiking pants
- Wind and waterproof breathable jacket
- Wind and waterproof breathable pants
- Insulation layer, preferably a down jacket
- Buff and hat or beanie
- Gloves

Notice: We are not able to leave stuff or clothes behind, so please wear your hiking outfit or clothes you will bring on the trip when traveling to France/Spain. Are you in doubt about whether you should bring certain things? Our experience is that lighter is often better. Questions? Please feel free to reach out to us!

TIP!

If you would like to rent outdoor gear, buy the right equipment or need any product advice, please contact us. Traveling with Rewild means attractive rates. **Click here** for more information or visit the stuff & gear page on the website.



Gear:

- Large trekking backpack (60L)
- Raincover backpack
- Headtorch + extra batteries or rechargeable
- Sleeping bag (3-season, comfortable until 0-3 °C)
- Sleeping mat with R-value for colder temperatures
- Water bottle 1L, suggestion: Nalgene
- Soft flasks/thermal flask (at least 1L capacity)
- Silverware (lightweight; fork, spoon, and knife)
- Mug and deep plate (lightweight)
- Waterproof bags
- Walking poles (recommended)
- Sunglasses
- Small pad for sitting

Self-care:

- Personal first aid kit (blister band-aids, tin foil blanket, sports tape, band-aids, etc.)
- Personal medication and toiletries (lip balm, toothbrush, etc.)
- Personal hygiene items
- Small (microfiber) towel
- Toilet paper or wet wipes
- Small trash bags
- Lighter

If desired:

- Earplugs
- Small pocket knife
- Short hiking pants
- Gaiters and fleece liner
- Small inflatable pillow
- Flipflops

We provide:

- Tents and tarps
 - Safety communication devices
 - Group medical kit
 - Stoves, gas and cooking gear
 - Water filters
 - Possibly ice axes
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We will send you an additional overview with product recommendations after subscription. Prior to departure we'll go through the equipment again as final check, to make sure you are prepared properly.

All-program-fee:

Participants are senior executives and (very) high potentials.
Euro 4.950,- ex VAT, what's included?:

- Full week program - exploring off the beaten track, inside and outdoor journey
- 1 night in a train, one night in a hut or hotel and 4 nights camp
- 3 guides - both for the outdoor as well as for the inside journey
- Group gear: tents, tarps, safety communication, medical kit, cooking gear, water filters, crampons, ice axes
- Food & drinks - breakfast, lunch, dinner, coffee, tea for all week
- Transportation for the hike in France/Spain
- Extensive 24/7 backup support from the office

Excluded is personal outdoor gear, your travel insurance and the train rides to and from the Pyrenees.



Dates & logistics

Exact data on the website & on request. The logistics for the hike in France/Spain are organised by us and are included in the trip. The night train to the south of France and the day train back to the Netherlands are not included.

Insurance

To participate in this trips you have to be insured for activities in mountainous areas off the beaten track. You can inquire about this with your current insurance policy.

Conditions for participating

By participating in this trip, you accept the general travel conditions, as found at the bottom of the website www.re-wild.nl. The cancellation conditions are also explained here.



Check re-wild.nl for more wilderness trips!