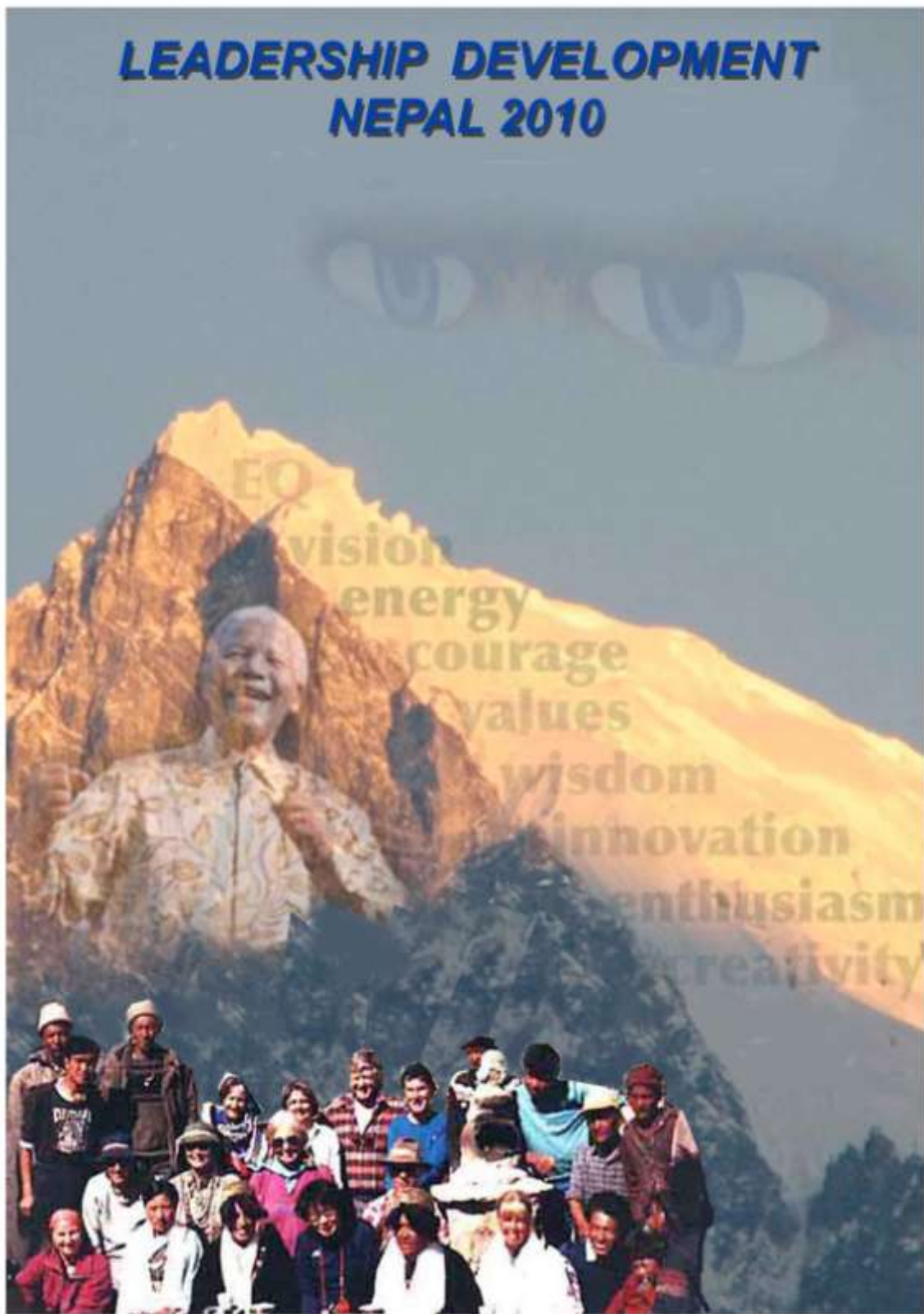


LEADERSHIP DEVELOPMENT NEPAL 2010



The Power of Connected Leadership

A Leadership Journey in the Himalayas 11 – 23 October 2010, Nepal.

Organised by Sacred Journeys Nepal Treks Pvt. Ltd.

Join us in October 2010, as the breath taking Himalayas and spiritual solace of Nepal provides a spectacular backdrop for personal growth and leadership development. Be inspired to live and work more powerfully and authentically.

Located in one of the most extraordinary and transformational regions on the planet, this is not simply a trek to the picturesque Himalayas, nor is it a fitness test or a race to the highest point. It is a unique journey of individual development. It is for anybody wanting to take charge of his or her life and to know what it is to live more fully. It is for anyone committed to creating their own destiny. It is also for leaders in business, in the family or in the community.

A Journey toward living leadership

Each day will include a workshop or reflection session focusing on the qualities of connected and authentic leadership in the 21st century. As you trek higher into the Himalayas, (3-6 hours per day) you will have the opportunity to discuss, reflect on, and develop your own identity, leadership awareness and qualities. You will visit sacred sites of the Khumbu region and examine connections between the spirituality of the past and its relevance to the present.

The Program will include:

- The Essential elements of connected leadership
- The three pillars of leadership – IQ, EQ, and SQ
- Values & belief systems – reconnecting to the authentic self
- Using Power, influence & integrity
- Managing change, navigating transitions
- Leading with self awareness. Acting mindfully.
- Your personal vision and strategies to create an empowering future
- Creating a powerful alumni

Outcomes

You will return with:

- Skills and strategies to develop your own leadership capabilities
- Strategies for living and leading with integrity, vision and inner power
- New ways of thinking, behaving & connecting
- Experience the synergy of connecting with like-minded people
- Personal journal of self-discovery and personal development
- Photos and memories of an extraordinary experience

- Renewed sense of purpose and connection to life

Who

Leadership development is essentially about personal development. This powerful program is for anybody committed to exploring their identity, leadership capabilities and life path. It is designed to **develop authentic leaders who wish to live with vision, integrity and sense of purpose.** The program is empowering, informative and fun. The trek is created for people with a moderate level of fitness and good health. (See pre trek preparation notes). The program has a limit of 10 places.

Workshop Facilitators

Susanne Rix has worked in leadership development for 25 years. She is the author of *Superworking – how to achieve Peak Performance without Stress*, and has spent much of her life focusing on how to translate research on the qualities of high achievers into practical tools that can be applied in the workplace. Susanne has conducted Superworking, a personal and culture change program, for major organisations such as Barclays Bank, Qantas, IBM, Westpac, Saatchi & Saatchi, ANZ Bank, Australian State and Commonwealth Government departments She has facilitated many leadership treks in Nepal. (www.superworking.com)

Dolores Cummins is principal of C3 Leadership. An insightful, visionary leader, she has held roles in both private and government sectors. Her university teachings include MBA courses on leadership and strategic human resource management. She consults to major corporations in Europe and Australia on organizational development and change management. Dolores is passionate about personal and leadership development, believing in the capacity of individuals to make real choices about how they live and the footprints they leave for the next generation. She is dedicated to sharing skills with those committed to living more fully, authentically and joyfully. Dolores holds a BA degree from Sydney University and a Masters degree in applied psychology. She is a qualified Master Practitioner of Neuro Linguistics and is an internationally accredited adult educator and group facilitator. She is currently finishing a book on Connected Leadership, (www.C-3Leadership.com)

“To undertake a leadership course in the Himalayas of Nepal is the most amazing experience. It was challenging but enormously rewarding. While walking amongst the breathtakingly beautiful mountains, you let go all of your everyday life of cars, traffic, computers, mobiles, TV and radios. This allows you to free your mind and the most powerful learning can take place I would highly recommend it to anyone, who seeks to go that extra step in knowing and developing themselves”. **B. Baikie, Wick Consulting**

Trek Organisers

Sacred Journeys Nepal Treks P. Ltd. arranges journeys with a difference. From Cultural visits to Pilgrimages to Leadership Journeys, we are committed to meaningful and socially responsible travel. We find that often the most memorable moments come from experiences that weren't pre

planned in an itinerary and couldn't be described in a brochure. We do our best to facilitate those magic moments.

We are also deeply committed to the wellbeing of the people who make it possible for you to trek in comfort in the mountains – the porters. Unlike many other expeditions, our porters will not be overloaded, and each one of you will have your own personal porter. We also provide medical insurance for our porters.

Sanjaya Tripathee, founder of Sacred Journeys Nepal, was born in a hillside Nepalese village with a view of the Himalayas. It took him years to realise that not everyone has such a good view from his birthplace, and he now is passionate about sharing the jewels of Nepal with others. Sanjaya began working in the tourism sector in 1994, for Sagarmatha Trekking and Cross Country Tours and Travels, a trekking company that specialises in treks for school groups. He then went on to work for the Himalayan Rescue Association, managing aid posts in the Everest and Annapurna regions, arranging rescues for trekkers and porters who had succumbed to altitude sickness or other mountain hazards. After two years living in Australia, Sanjaya has now returned to his homeland to lead treks.

Sanjaya and his team of guides and porters will do their best to ensure your trip is as smooth as possible.

How

Each day will commence with a workshop, reflection activity or brief for the day, followed by 3-6 hours of trekking. During the walk, you will have the opportunity to reflect on and/or discuss the questions raised at workshop sessions.

In the afternoon or evening, depending on the length of the trek that day, workshops or informal sessions will continue with exercises, discussions reflections and exploration of the sites in the region.

This will be the daily pattern throughout the trek. For the very fit, there will also be some additional optional side walks.

It is said that no one returns from the Himalayas without some personal change. This location will be used as a catalyst for the development of leadership qualities through the workshop process. You will begin to develop a set of personalised tools – ultimately returning from the mountains with new insights, as well as shifting your ways of being, leading and achieving.

Preparation

- Plenty of hill walking in boots that are going to be worn on the trek i.e. purchase boots well in advance. Boots need to be comfortable for 7 hours continuous wearing.
- Up and down hill walking preferably on rough ground (not roads).
- At least 3 hours per week. Building to 7 hours per week.
- Optional exercise = weekly Yoga or Pilates to build core strength

When

11- 23 October, 2010

Cost

US \$5,500.00 (Early Bird Discount of 10% if you book and pay by end of January 2010)
Accommodation is on a twin share basis. Single occupancy (only available in Kathmandu) attracts a US \$300 surcharge.



**** 10% of facilitation fees will be donated to: The New Children Home Orphanage, which we will visit in Kathmandu.**

- We use highly qualified guides and reliable porters for our trek and we pay them well to ensure they are not exploited.
- In Kathmandu accommodation is comfortable, with Kathmandu Temple House (eco friendly and traditionally built hotel), on arrival, and five star Hyatt at the end of the trip, arguably the best hotel in Nepal.
- During the trek, we use clean and eco friendly lodges which have hot showers, attached bathroom, and hygienic food.

This is NOT a backpacker experience.

Included in the expedition price.

- Workshops, tuition and materials.
- Services of Seminar Leaders, Dolores Cummins & Susanne Rix
- Domestic flights in Nepal
- Accommodation and breakfast in Kathmandu
- All meals and accommodation on trek.
- Porter's fees
- Guide and other trek staff
- Medical insurance for guides and porters
- Entry fees to national Park
- Kathmandu City tour
- Trekking Registration fee
- Transport in Kathmandu for planned sightseeing

Not included in the expedition price.

- International airfare to Nepal and associated taxes
- Nepalese Visa (approx US \$40.00 payable on arrival at Kathmandu)
- Vaccination charges (see your local travel specialist Doctor)

- Dinners and lunches in Kathmandu
- Entry fees to museums, and any additional tours.
- Laundry, postage, personal clothing, medical expenses, personal travel insurance and items of a personal nature, such as bar charges and phone calls.
- Emergency evacuation charges.
- Tips
- Snacks and drinks
- Additional side trips

How to book

Please fill in the booking form below. Send a hard copy to our office by post, and also fax it to: Sanjaya Tripathy,

Contact: Sanjaya Tripathy
Managing Director,
Sacred Journeys Nepal Treks P. Ltd.
Email: sjnepal@wlink.com.np
Web: www.sacredjourneysnepal.com
Mob: 977-9851112953

To secure your place, a non- refundable deposit of US\$500 per traveller is required. This must be transferred into the bank account details given below.

The Balance is due 45 days prior to departure. If the balance is not paid by the due date, we will regard the booking as cancelled.

*“When we reconnect who we are
with what we do,
we approach our lives and our work
with renewed passion, commitment, and
integrity.”*
P. Palmer



Itinerary



DAY 1 Kathmandu. (4,590 ft)

Arrive in Kathmandu /Transfer to hotel/ Rest.

You will be staying in the heart of the tourist area of bustling Kathmandu in an eco- guest house decorated in traditional style. Walk out the front door and into atmospheric Thamel, where you can shop for presents, or just soak up the atmosphere. There will be a brief orientation session and introductions.

DAY 2, Kathmandu.

We will begin the day with our first workshop session, and preparations for the trek, followed by a tour of some of the famous Kathmandu World Heritage Sites. There is so much to see in Kathmandu. Day 2 gives you a chance to whet your appetite and

visit some of the sacred and world heritage sites. Options include:

- a. Patan Durbar Square –world heritage site, with ancient temples and well laid out museum
- b. Monkey Temple (Swayambhunath) or Boudhanath Stupa- two soaring Buddhist stoopas, pilgrimage sites for Buddhists, especially the Tibetan Community.
- c. Pashupatinath Temple- world heritage site, one of the 4 top pilgrimage sites for Hindu Pilgrims around the world

In the evening we will have a mountain safety briefing and video about altitude sickness (and how to prevent it.)

DAY 3 Kathmandu to Lukla to Phakdin. (8,700 ft)

In the early morning, step onto the twin otter plane at Kathmandu, and be transported as if in a time capsule to the village of Lukla in the Khumbu region. Here you will begin the acclimatization process and the first mountain workshop session while you enjoy breakfast and plenty of hydrating liquids.

Even if your mind is still racing at city pace, your body will remind you that it is time to slow down – particularly when you find yourself puffing more than usual when climbing stairs, as you become aware of the first effects of the altitude.



After breakfast in Lukla and a recap on mountain safety, the trek begins with a 3 to 4 hour walk to Phakdin. Sometimes you will be sharing the trail with yak trains, other trekkers, and local traders on their way up to Namche Bazaar. You will also get your first close up glimpses of the mountains, weather permitting.

We will spend the night at a lodge situated in a valley right on the Dudh Koshi River.

Please Note, Lukla's weather is variable, and the planes can't land in the mist (when you get there you'll see why). So be prepared for the potential for delays in the flight, sometimes even cancellations due to the weather. This applies for return journey from Lukla to Kathmandu also.

DAY 4 Phakdin to Monjo (9,350 ft)

A couple of hours walk through lush vegetation, past agricultural fields, and Buddhist monuments takes us to Monjo. Monjo is a Sherpa village on the border of the Sagarmatha National Park.



DAY 5 Monjo to Namche Bazaar (11,300 ft)

Namche Bazaar is situated approximately 11,300 feet from sea level. At this point you will definitely start feeling the altitude, although most people acclimatise within a day or so. Nestled at the top of a cliff, Namche is a traditional trading place, with traders coming from Tibet, India, and Nepal to the small hill top village. When the clouds part, views of Mount Everest, and several other 8000m peaks are visible.

DAY 6 - 8 Namche Bazaar activities

Rest Day and Workshops in Namche Bazaar.

For those missing the comfort of home, there are bakeries that are a legacy left by early German climbers, with reasonable coffee and apple pie with a view. There are also three museums to explore– the main one covers culture/ geography/ flora and fauna of the Everest Region. Then there are two smaller ones, one specialising in Sherpa Culture, the other in Traditional Himalayan Medicine. There is also a traditional Tibetan Healer available for consultation at the Himalayan Healing Centre.

DAY 9 Namche Bazaar to Phakdin

Day 10 Phakdin to Lukla.

We farewell most of the porters from the Khumbu region here with a celebration of traditional Nepalese and western song and dance.



Day 11 Lukla to Kathmandu.

After roughing it in the mountain lodges, now you have the opportunity to be pampered at the majestic Hyatt Hotel. This luxury five-star hotel overlooks Boudathnath Stupa – one of the largest Buddhist temples in Kathmandu. At dawn and dusk, you can join the throngs of Tibetans encircling the stupa reciting their pujas. You may choose to have some additional pampering at the Hyatt's day spa, such as a healing ayurvedic massage.

The Hyatt provides a serene environment to continue our leadership inquiry, reflect on lessons learned from the trek and creatively set an empowering future.

DAY 12 Kathmandu

The final full day in Nepal has some time for shopping, and optional sightseeing, or another day relaxing at the Hyatt

- a. Bhaktapur Durbar Square- World Heritage Site
- b. Changu Narayan Temple- World Heritage Site
- c. Shopping, relax around the Temple
- d. Visit to orphanage



DAY 13 Departure.

Optional Extras

For those who wish to stay longer and explore Nepal further, Sanjaya will be happy to organise additional trips for you like Jungle Safari, White water Rafting etc. Please contact Sanjaya Tripathie for more information.

Visit to Sanjaya's village

The village of Koshi Dekha where Sanjaya grew up is situated 60 Km East of Kathmandu on a forested hillside. It is a unique opportunity to experience a village untouched by tourism where you can be part of the daily life of the village people. You will be hosted by a village family, eat with them, cook with them, and slow down to Nepali village pace.

This is a 2 nights, three-day program, with an additional ***OPTIONAL Cost US \$500per/person.***

A recent participant had the following to offer on her experience –

- *“I learnt to trust, open myself to new experiences and connect intimately with another.*
- *I met a wonderful collection of individuals from diverse backgrounds, each had his or her own fascinating story and perspective on life.*
- *Some of the conversations I had with individuals along the way were enlightening and thought provoking.*
- *It took me to a place of discovery by learning more about the core 'me' that was equally tough and facile.*
- *Above all it was a trip loaded with fun...”* Fatima Ali

Terms and conditions

If it becomes necessary for you to cancel your expedition, you must notify Sacred Journeys Nepal immediately in writing. Cancellation will take effect, upon receipt by Sacred Journeys Nepal of your written notice.

If cancellation takes place more than 45 days prior to the departure the US \$500 per person deposit will not be refunded. If cancellation takes place less than 45 days prior to departure, you will be required to pay 50% of the cost of the trip. Personal travel insurance is not included in the price.

We require that you take out travel insurance, including cancellation insurance, and helicopter evacuation.

Delay or change of itinerary.

Sacred Journeys Nepal may for any reason, change the date of departure or conclusion of the tour, the scheduled point of departure for the tour, omit or change any scheduled stop of the tour or change the scheduled place of conclusion for the tour, whether before or after the tour has departed, without prior notice to you. You will have no right to any refund and Sacred Journey Nepal P. Ltd will have no obligation to you, will not be liable for any loss, consequential damages, expenses, loss of time or enjoyment or inconvenience in respect of such changes.

Sacred Journeys Nepal reserves the right to cancel any tour prior to departure in which case any payment made by you will be refunded in full and you will not be entitled to make any further claim for compensation or damages for any loss, consequential damage, expenses, loss of time or inconvenience, which may result from such cancellation.

Trip costs.

Trip costs are based on ground and air costs and exchange rates at the time of printing. While we try our utmost not to increase our prices, this is sometimes outside our control. We reserve the right to amend our prices. Amendments should occur only in the events of significant surface or air increase and/or marked fluctuations in the US dollar exchange rate. You must pay any increase in price before the departure date.

Responsibility

By my signature as set forth on the booking form, I also acknowledge and confirm the following:

I hereby release Sacred Journeys Nepal, its servants, contractors, supporters and agents and any licensor or licensee of it from all claims and actions that I/we have or may have at any time in the future against them or any of them, howsoever arising for personal injury, death, property damage or any other loss, damage or expense, that I/we may suffer as a result of my / our participation in any trip organised with or in conjunction with Sacred Journeys.

I am aware that our adventure trip, in addition to the usual dangers and risks inherent, has certain additional dangers and risks, some of which may include physical exertion, for which I may not be prepared, weather extremes, subject to sudden and unexpected change, remoteness from normal medical services, evacuation difficulties.

I accept all the inherent risks of the proposed adventure trip and the possibility of personal injury, death, property damage or loss resulting therefrom.

I acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travel and activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement, being a reason for my participation. I agree that if I suffer injury or illness, Sacred Journeys Nepal can, at my cost, arrange medical treatment and emergency evacuation service, as Sacred Journeys Nepal deems essential for my safety.

In entering into this agreement, I am not relying on any oral, written or visual representation or statements by Sacred Journeys Nepal or its staff or any other inducement or coercion to go on the adventure trip, hence, only of my own free will. I confirm that I am over the age of 18 years, and that I have read and understood the terms and conditions of contract and this agreement prior to signing it and agree that this agreement will be binding upon my heirs, next of kin, executors, administrators and successors. I agree that this agreement shall be covered in all respects and interpreted in accordance with the laws of Nepal and Australia.

¹

This program could just change your life!



¹ Photo credits – Dolores Cummins

BOOKING FORM

We look forward to welcoming you on this special expedition.

To book please complete and sign the booking form and post and fax it to Sacred Journeys Nepal along with your deposit and a photocopy of your passport details.

Sacred Journeys Nepal P.Ltd

G.P.O. Box. 2236

Kathmandu, Nepal

Mobile: + 977-9851112953

Phone: 9771-4411110

Fax: 9771-4415284

Dr/Mr/Mrs/Miss/Ms (Last Name)

(First Name)

Address

Tel (Home)

(Bus)

Fax

Email

Name on Passport

Date of birth

Nationality

Passport No

Place of Issue

Date of Issue

Date of Expiry

Participant 2:

Dr/Mr/Mrs/Miss/Ms (Last Name)

(First Name)

Address

Tel (Home)

(Bus)

Fax

Email

Name on Passport

Date of birth

Nationality

Passport No

Place of Issue

Date of Issue

Date of Expiry

Travel Insurance Details:

Name of the Insurance Company:

Travel Insurance Policy No:

Expiry date:

Insurance company Phone no:

I HAVE READ AND UNDERSTAND THE TERMS AND CONDITIONS

Signature 1

Date

Signature 2

Date

DEPOSIT PAYMENT

\$US 500.00

BY Direct Transfer. Please transfer into the following account:

Bank Details:

Nabil Bank Limited,
Kathmandu, Nepal

Swift Code: NARBNPKA

Account No: 0104217500068

Account Type: Current Account

Account Holder Name (Beneficiary): Sacred Journeys Nepal P.Ltd.

Address: G.P.O. Box. 2236
Kathmandu, Nepal