

Highland Hack

Executives in Transition

Bridge of Orchy - Glencoe - Kinlochleven - Fort William

20 -24 March 2017



Take a journey on foot through some of Scotland's finest and most inspiring scenery while you discover the clarity and confidence to create what's next.



THE
FRESH AIR
LEARNING
COMPANY

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In partnership with



Walking Coach

EXECUTIVES IN TRANSITION GETTING CLEAR, CONFIDENT, AND CREATIVE

When intelligent, motivated people journey together through inspiring natural landscapes, a creative spark is lit. Add some expert coaching and facilitation around an overarching theme and the experience is transformative.

This is what underpins Highland Hack "Executives in Transition" - a powerful, hotel-hopping journey on foot, geared to help senior executives facing a significant career transition get clear, confident and creative about their next moves.

"Highland Hack was quite simply the best discovery and learning experience I have been on. The small group and guest companion format was powerful, as was the tremendous coaching support available to us individually throughout the inspirational three-day journey."

MATTHEW, BUSINESS OWNER.

Who is this for?

For Individuals

Maybe you are:

- Preparing to take up new role.
- Considering a change in career direction .
- Going through a career or life-related transition that's impacting your work.
- Experiencing role redundancy and want to figure out your next move.

If any of these apply to you, Highland Hack "Executives in Transition" will provide all the space, support and inspiration you need to get clear and feel confident about a new way forward.

For companies

Progressive organisations recognise that providing the right kind of support for their most senior people at times of change can have an untold impact on business performance.

Whether offered as an integral part of an outplacement package, or simply stand-alone, Highland Hack "Executives in Transition" offers precious time out for thinking and strategising, while providing a vital resource for renewed motivation and empowerment.

How does it work?

Unlike a traditional residential programme, Highland Hack is a hotel-hopping walking journey through the wild beauty of the Scottish Highlands. The route forms the northern section of the West Highland Way and is accessible to a wide range of fitness levels. It's a perfect setting to relax, reflect, and re-energise around strategic career decisions.

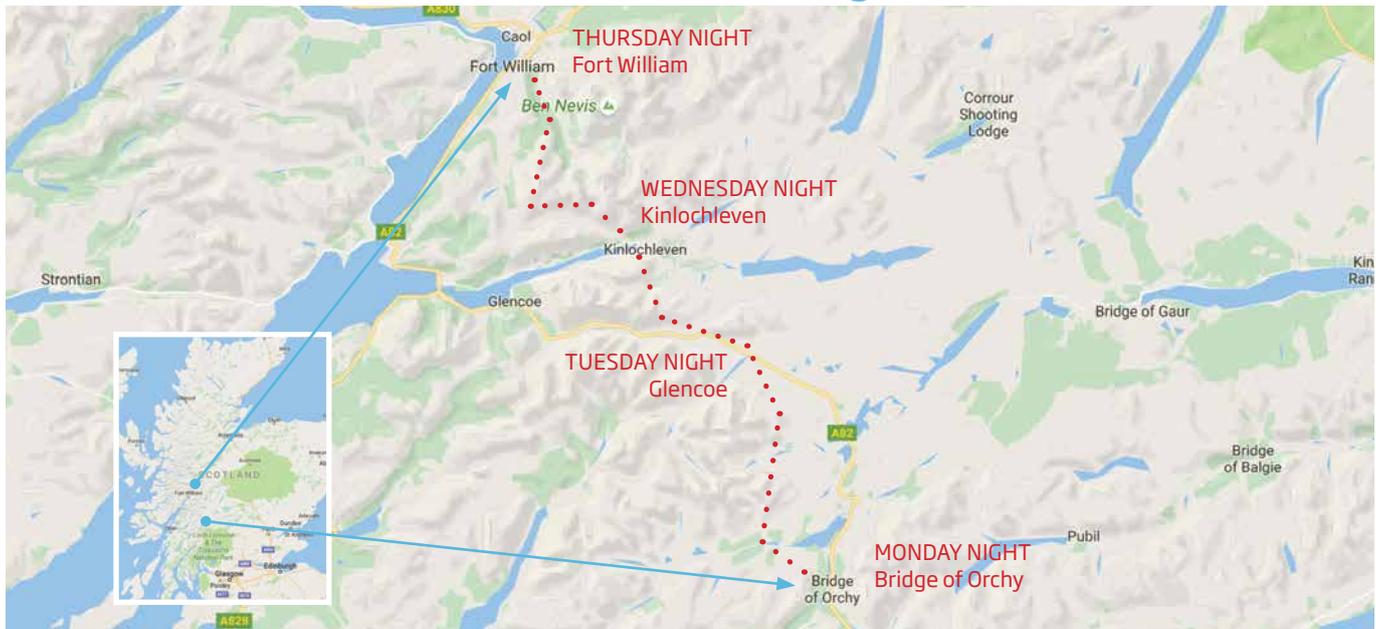
Participants will work within a small group of other senior executives, closely supported by an experienced coaching team who are also outdoor leaders and senior executives in their own rights. Typically there will be a combination of coaching one-2-ones and facilitated group discussions, as well as lots of opportunity for free conversation and time alone. Fascinating guest companions will share their own inspiring "executive in transition" stories at points during the journey.

As soon as an individual signs up, we'll be in touch to explore their hopes and needs. We'll work together to craft a flexible programme that draws on the power of the group, the skills of the coaching team, and the natural environment itself. We'll jointly review this each day on the walk.

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What about travel, accommodation and feeding?



Participants will make their own way to Bridge of Orchy where we will gather on the Monday afternoon/evening. At journey's end, on the Friday morning, everyone will make their way home from Fort William. We recommend that people travel by rail on the West Highland Line. The scenery is fabulous and makes for a powerful start to the trip.

Each night we will stay in a different hotel and each day our overnight bags will be transferred onwards in our dedicated support vehicle. Hotels are of varying "star" category and all are of a good standard, have charm and are set in stunning locations.

What are the fitness requirements?

We will be walking along established tracks over three days for 5 - 7 hours per day at a pace which allows for comfortable conversation. Each day begins with a short ascent, typically of around 250 metres and less than an hour of slow-paced walking. Throughout the day we will also have plenty of stops for refreshments and to take in the natural world around us.

If you have any concerns about this level of activity, please contact us to discuss further.

What about the weather?

Scottish weather is wonderfully variable and an integral part of the experience! We will provide guidance on appropriate kit and clothing, and our outdoor leaders will provide advice to keep everyone comfortable and safe.

What is the price?

The price is £2495 and covers:

- Personal one-on-one coaching as required over 3.5 days, tailored to support individual needs, and the opportunity to carry this coaching relationship forward if required.
- The bringing together of a powerful and mutually supportive group of fellow "executives in transition" and the facilitation of group discussions as required over 3.5 days.
- Inspirational guest companions who will share their "executive in transition" stories.
- Three full days of expertly guided walking along the upper reaches of the iconic West Highland Way.
- A mixed male/female support team of 3. All experienced coaches, outdoor leaders, first aiders, and senior executives in their own rights.
- Four nights hotel accommodation on a full board basis in double/twin rooms, en suite and single occupancy. Hotels have wifi.
- Daily baggage transfers between hotels.
- Dedicated Land Rover Discovery as support vehicle.
- Collection from and drop off at local railway stations.
- 15% discount in-store and on-line at Cotswold Outdoor.



Who's looking after me?



DAVE STEWART - Dave is the MD of the Fresh Air Learning Company and works closely with ambitious organisations to develop their key leaders and teams. His passion for the outdoors and experiential learning stems from early days in Scottish Mountain Rescue and UK Special Forces. A Chartered Director and holder of various Fellowships and Masters, he has been an "executive in transition" a number of times across the private, public and not-for-profit sectors. He is also a highly sought after consultant, coach, facilitator, and mountain leader.



SANDRA CUNNINGHAM - Sandra is a Professional Certified Coach with 15 years' experience in supporting clients through major career/life transitions. No stranger to dealing with transition herself, she was previously an international marketing executive, directing from various management boards, then a senior communications consultant for large private and public sector clients. Now, founder and director at Walking Coach, she integrates her passion for, and knowledge of nature-based development with her coaching expertise, to create transformational outdoor experiences for leaders and their teams. Sandra is also a qualified outdoor leader.

3RD TEAM MEMBER - We will also be accompanied by a third team member who will drive our support vehicle and be a qualified outdoor leader.

Booking a Place

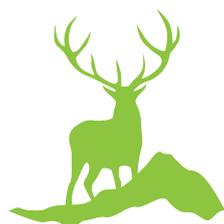
We run these journeys for select groups of 6 senior professionals only, so please book early to secure a place.

Email: dave@freshairlearning.com
or call +44 (0) 7776 153 428.

On receipt of booking, we will confirm availability and invoice for a non-returnable 50% deposit (returnable only if we have to cancel the journey).

When this is paid we will email back with full details of the Highland Hack.

We look forward to providing you with an inspiring, memorable and high value experience that helps you get clear and confident about your next steps.



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