

# Highland Hack

## Fresh Directions

Bridge of Orchy - Glencoe - Kinlochleven - Fort William

9 -13 October 2017



Take a journey on foot through some of Scotland's finest and most inspiring scenery and discover the clarity and confidence to create your life's next chapter



THE  
FRESH AIR  
LEARNING  
COMPANY

0800 052 7900

Twitter [@FreshAirLearnCo](https://twitter.com/FreshAirLearnCo)

[info@freshairlearning.com](mailto:info@freshairlearning.com)

[www.freshairlearning.com](http://www.freshairlearning.com)

In partnership with

**Milward**   
Consulting & Research in Strategic Leadership

# FRESH DIRECTIONS

## Creating your life's next fulfilling chapter

When intelligent, motivated people journey together through inspiring natural landscapes, a collective 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 "Fresh Directions"- a powerful, hotel-hopping journey on foot, that will challenge participants' motivation, capabilities, and aspirations, and start to chart the next, fulfilling chapter of their lives and careers.

*"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 a 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.
- You have experienced an epiphany regarding your life and want to explore its meaning and implications for your future.

If any of these apply to you, Highland Hack "Fresh Directions" will provide all the space, challenge, support and inspiration you need to get clear and confident about creating your life's next chapter.

### 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 onboarding, role-induction, or outplacement package, or simply stand-alone, Highland Hack "Fresh Directions" offers valuable time out for powerful thinking, while providing a vital resource for renewed narrative creation and motivation.

## How does it work?

Unlike a traditional residential programme, Highland Hack is a hotel-hopping journey on foot through the wild beauty of the Scottish Highlands. The route forms the northern section of the iconic West Highland Way and is accessible to a wide range of fitness levels. It's a perfect setting to reflect, re-energise, and recalibrate around the big steps you need to make.

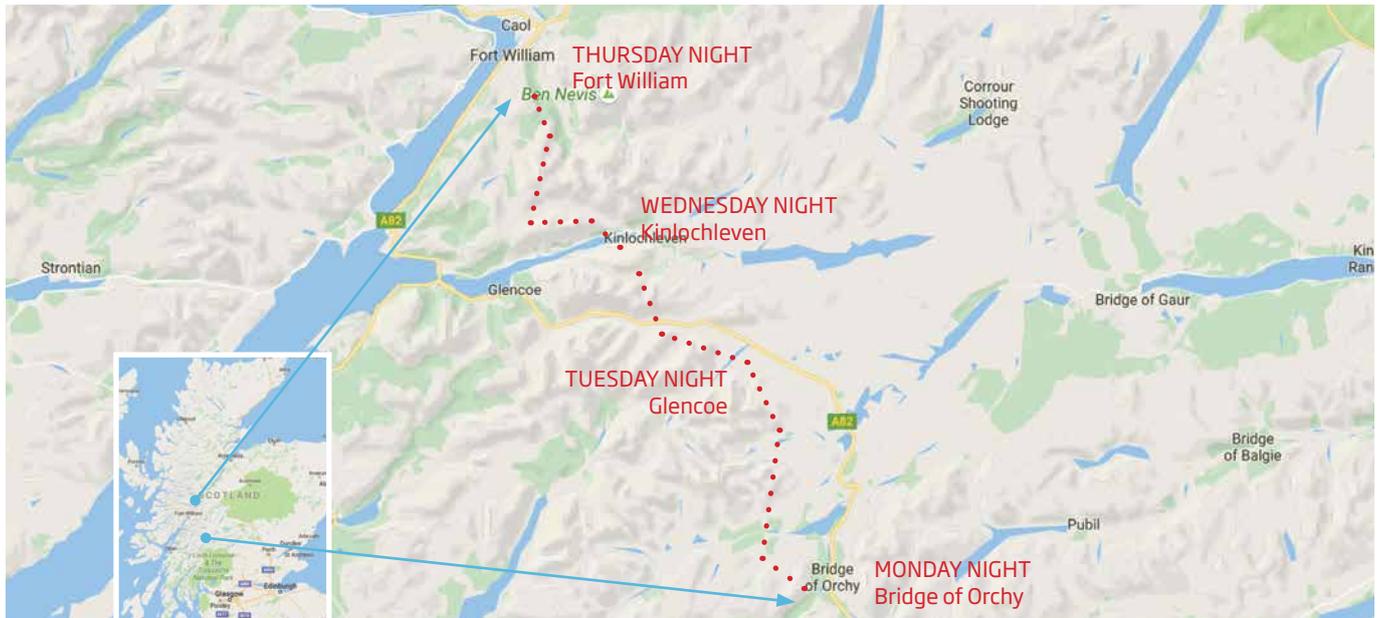
You will be part of a small group of other senior leaders, closely supported by an experienced team of skilled facilitators and outdoor leaders with several decades of experience in diverse fields between them. They will present stimulating perspectives that will challenge you to assess your motivation, capabilities, and aspirations; and help you chart the next, fulfilling phase of your life and career. Fascinating guest companions will share their stories of "Fresh Directions" at points along the way.

As soon as you sign up, we'll be in touch to explore your hopes and needs. We'll work together to craft a flexible personal programme that draws on the power of the group, the skills of the coaching team, and the natural environment itself.

Typically, the programme will feature a combination of indoor and outdoor sessions that explore topics of common interest, and coaching one-2-ones as required. And there will be lots of opportunity for free conversation and time alone to reflect during the walk, as well as down-time at our overnight stops.



## 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 powerful initial and final phases 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. Plus the opportunity to carry this coaching relationship forward if required.
- A mixed support team of 3 providing coaching, outdoor leadership, logistics, and first aid cover.
- The bringing together of a powerful and mutually supportive group of leaders, and the facilitation of group discussions over 3.5 days.
- The provision of fascinating guest companions who will share their inspirational "Fresh Directions" stories with the group.
- Four nights hotel accommodation on a full board single occupancy basis in double/twin ensuite rooms. Hotels have wifi.
- Three full days of expertly guided walking along the upper reaches of the iconic West Highland Way
- Daily baggage transfers between hotels.
- Dedicated Land Rover Discovery support vehicle.
- Collection from and drop off at local railway stations.
- 15% discount in-store and on-line at Cotswold Outdoor, a leading UK supplier of outdoor clothing and equipment <http://www.cotswoldoutdoor.com/>



## Who's looking after me?



**DAVE STEWART** - Dave is the MD of the Fresh Air Learning Company and works closely with ambitious organisations to accelerate the effectiveness of senior leaders and teams. He explains, *"My passion for creating inspirational team and leadership experiences stems from early days in a rock band and mountain rescue team, and a first career in the British Army which included special forces and command of an infantry battalion."* A Chartered Director, Dave has led at senior levels across private, public and not-for-profit sectors. He is a highly sought after leadership coach, facilitator, and mountain leader.



**ANDY MILWARD PhD** - Andy is owner of Strategic Leadership consulting firm Milward [www.andymilward.com](http://www.andymilward.com). A Social Psychologist, researcher, teacher, and writer, Andy helps international clients analyse and address their business and life challenges. Andy says, *"Life is like a novel. Each chapter lays the foundations for the next. Ultimately there is an exhilarating or dispiriting denouement. Only by really understanding your own story so far can you craft a new chapter and a fulfilling journey to a satisfying finale. That's what we'll be doing on Highland Hack 'Fresh Directions'.* Andy's book 'Group Leadership', co-authored with Professor Sir Cary Cooper CBE, will be published by Routledge in early 2018.

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

We will confirm availability and invoice you for a non-returnable 50% deposit (returnable only if we have to cancel the journey).

Alternatively you can book directly using a debit or credit card through Eventbrite <https://www.eventbrite.co.uk/e/highland-hack-fresh-directions-tickets-35597723750>

When this is paid we will email you 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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