Join us for the experience of a lifetime

Journey to the rooftop of the world

Himalayan Transformational Leadership Journey | 8 October - 22 October 2017
Bendelta and World Expeditions have partnered to create a unique experience in 2017 that will enable you to transform your leadership style and impact; make a valuable contribution to a local community and experience the physical challenges of trekking in the Everest region of Nepal.

This experience is designed to provide you with deep insight into who you are as a leader — your strengths, development areas and the thoughts, beliefs and feelings that shape you as a leader. It will provide you with challenge and stretch outside your normal work context; along with the opportunity for growth and sustained behavioural change that leads to increased leadership effectiveness and performance.

Overview
The experience

Learning and change is best achieved in settings that facilitate reflection and new perspectives — especially the opportunity to unplug from the unceasing demands of the workplace and technology. Individuals returning from similar experiences often report feeling a deeper connection to their individual and collective selves and a clearer sense of purpose which translates into sustained behavioural change. Time spent in nature helps awaken our senses and provides inspiration, perspective and motivation that ultimately leads to a better quality of life.

This experience is for anyone who is looking to build self-awareness around their leadership capability, increase their leadership impact; and realise their potential as a leader.

The combination of the physical challenge of trekking in an iconic destination, the rewards of working as a team and making a valuable contribution to a local community project, and the insights and learnings gained from individual debriefs and group dialogues with your Bendelta escort will all contribute to making this a transformational experience for you.

The trek

Departing Kathmandu you will travel to the roof of the world, the stunning Everest region in Nepal. There you will commence work on your community project, working side by side with the local community for three days to help renovate the Gomela school at Phakding. Your trek will then weave its way through the famous Buddhist villages and monasteries of the Sherpa people while affording unparalleled views of some of the world's highest peaks. The scenic highlights of the trip are the days spent trekking above Namche Bazaar where you will get beyond the established trails to the alpine camp beneath the amazing flanks of Ama Dablam. From this spectacular vantage point you will gain a breathtaking 360 degree mountain panorama that culminates in the distinctive summit of Everest looming above the Nuptse-Lhotse wall. A further dimension to the trek is a visit to the Sherpa villages of Khunde and Khumjung where you will visit some of Sir Edmund Hilary's projects established through the Himalayan Trust.

“Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction”.
E. O. Wilson
Before departure you will be invited to complete a leadership 360 diagnostic and have an initial debrief with your Bendelta escort where you will set your personal learning goals for the experience.

During the journey there will be a combination of individual and group touchpoints to reflect on and identify key insights and future actions from your experiences. At the outset a group session will enable you to share your personal learning goals with other participants so that they can be aware of, and support you during the journey. Daily “fireside” talks at the end of each day will provide the opportunity for sharing that day’s experiences and insights, and setting personal objectives for the following days.

Each participant will receive at least two “formal” individual coaching sessions during the trek to discuss progress and their experiences to date, as well as ongoing feedback on an informal basis throughout.

After your return from Nepal you will be invited to debrief with your Bendelta escort where you will discuss key insights and learnings from the experience and your commitments to actions on your learning goals.

Physical preparation

This is graded as a moderate trek which means physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least four months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. Speed is not important, stamina, confidence and continuity are.

“We’ve found that leaders who do undertake a voyage of personal understanding and development can transform not only their own capabilities but also those of their companies”

HBR, Seven Transformations of Leadership, Rooke & Torbert, 2005
About

Bendelta and Mark Priede

Bendelta is Australia’s most respected and admired leadership development consultancy, with a reputation for quality service, transformational impact and the incredible calibre of its team of advisors.

With every organisation and individual it assists, Bendelta’s primary drive is to help people understand and achieve more of the positive potential they have inside themselves. As well as its commercial focus, Bendelta does a great deal of philanthropic work for charities, not-for-profits and community-focused organisations.

In the last five years alone, Bendelta has been awarded places in both the BRW Fast 100, for Australia’s 100 fastest growing companies and in Australia’s 100 Coolest Companies (2013). Bendelta is a deeply values-driven organisation, with a vision of “1 Million, 1 Billion (1M1B)”- a long term goal to directly help one million people to achieve more of their potential, with the cascading impact to then indirectly enable one billion people to achieve more of their potential.

Your escort, Mark Priede, is a senior practice leader at Bendelta whose passion is helping leaders to achieve peak performance and realise their potential. His approach is founded on deep listening, building strong connection and asking insightful and provocative questions to help leaders develop personal insight, create the desire for change and identify and implement actions that will achieve sustainable outcomes. Mark’s processes draw on his extensive personal experience of leadership, his advanced coaching and facilitation skills, and his expertise in positive psychology and neuro-leadership.

Mark joined Bendelta after spending thirteen years in senior human resource roles for two of Australia’s major financial institutions and one of its leading law firms. He specialised in leadership and talent development, executive coaching and culture change.

World Expeditions

World Expeditions have been pioneering treks in the Himalaya since 1975. Their extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work. The highest standards of hygiene are strictly maintained, and their cooks will surprise you with a varied menu. Most importantly, their adventures have always sought to benefit the local peoples interacted with, safeguard the ecosystems explored and contribute to the sustainability of travel in the regions experienced.

“Look deep into nature, and then you will understand everything better”. Albert Einstein
For participants joining in Kathmandu – A$7,490 per person*:

- Leadership development program (inc. leadership diagnostic (completed pre departure); individual debrief and coaching sessions; group learning sessions)
- 3 day Community Service Project at Gomela School including local labor force and materials
- Expert bilingual guide
- 13 breakfasts, 12 lunches and 12 dinners
- All private airport transfers
- Group medical kit
- Good quality accommodation in Kathmandu
- Accommodation on trek in wilderness campsites, set up and pulled down by the fully supported crew
- The use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre filled jacket and insulated mat (valued at over US$500)
- Souvenir World Expeditions kit bag
- Private transportation
- All park entrance fees and trekking permits
- Porters to carry all personal and group equipment and porter’s insurance
- Site entry fees
- Nepal domestic flights Kathmandu/Lukla/Kathmandu

Whats included:

- Investment
  - International flights
  - Airport and departure taxes
  - Visa
  - Travel Insurance
  - 1 lunch & 1 dinner in Kathmandu
  - Bottled water, aerated & alcoholic drinks
  - Items of a personal nature such as phone calls, laundry, etc.
  - Tips

Whats not included:

- International flights
- Airport and departure taxes
- Visa
- Travel Insurance
- 1 lunch & 1 dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips

*subject to currency fluctuations and based on a minimum of 8 paying travellers

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