

FORCE4INSPIRATION TEAM EXPEDITION



Thursday 18th - Sunday 21st of September 2014.

When Lee Travers was doing her research and interviews for her book 'Inspiring Women Leaders' a few key, important themes emerged.

In a fast-paced world, resilience has become the essential leadership skill. Yet we continue to deprioritise our health and wellbeing in favour of hyper-busyness. We struggle to find the balance between sustained high energy needed in a manic world and the need for regeneration and reflection. This is leading to issues related to health, relationships and performance.

Also, whilst many leaders participated in some community-based projects, most felt there was the opportunity to do more. Leaders felt they wanted to share their skills, conscious of leaving their own legacy that had a deeper, more positive and sustainable impact. They just weren't quite sure how to get involved. In all cases, there was a disconnect between business and societal agendas.

Where breakdowns have been occurring across our economy at every level, a further realisation is that today's leadership needs have fundamentally changed. It is time for fresh thinking and a paradigm shift for a new inspiring leadership that is fit for 21st century issues.

Working with professional mountain guide, Isabelle Santoire, and other Ambassadors, Lee set about launching a new Force4Inspiration movement encouraging both women and men to feel the rewards of finding inspiration and being inspirational, for themselves, their organisations and also their communities.

WHAT IS FORCE4INSPIRATION?

Force4inspiration has 4 core themes where you will be involved in a new type of leadership project:

1. Inspiring Leadership
2. Inspiring Diversity
3. Inspiring Health
4. Inspiring Legacy

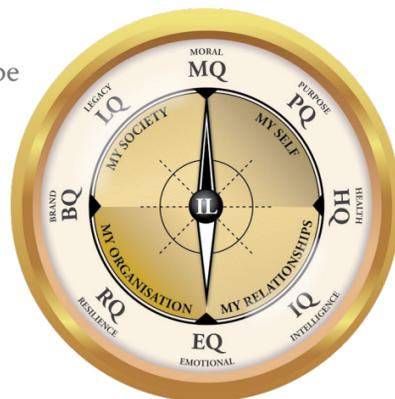
It is a safe platform to experience the benefits of pushing your comfort zone, both personally and as a leader.

By achieving something that might be perceived as difficult, challenging, or impossible, it will be the occasion to step beyond your present limitations and discover your own resources and full potential.

The objectives are to wake up your mind and muscles, ignite your spirit and rekindle the feeling of well-being in your body. It combines a leadership development, a retreat and a fitness kick-start. It is an outdoor adventure that will enliven, revitalise and encourage you to continue exercising. The weekend will be held in Chamonix and Val Ferret (Italy). You will be featuring in the 360 spectacular panoramic views by rock climbing on vertical walls, walking on a glacier, and sleeping in an Alpine hut. An itinerary which will inspire and invigorate you.

F4I is non-profit making and is about making a difference to the quality of people's lives. We use a 'Tithing' model, which means we give back at least 10% to charitable projects; 10% of reinvestment, resources and our own skills to help others who are less fortunate to succeed.

- 10% of all bookings are reinvested back into community projects affecting the lives of disadvantaged young people and women.
- Why not turn this into fundraising and make an even greater difference? You can choose the option of fundraising and reinvest into selected charitable community projects. Check out our F4I link on the leetravers.com website to find out about the different projects and the F4I ambassadors.



WHY COME ON A FORCE4INSPIRATION LONG WEEKEND?

Mountaineering offers a simple metaphor for all undertakings in life. Being in the mountains is magical in the way that it takes our reality down to its simplest form, its essence: breathing, being aware, moving forward and reaching a goal.

You will build greater self-awareness and learn how to become an even more inspiring leader, drawing on the wisdom of leadership experts and peer groups. By being "Out There" with a group of women and men who care about this agenda, you will make connections between lives and strengthen your own network.

You will get the unique opportunity to make a significant difference to the lives of others.

FORCE4INSPIRATION IS FOR EVERYONE

No need for athletic ability or experience, you just need a good sense of humour and be willing to try out. Whether you're looking to push your limits, or discover "where you are at", this long weekend is a search for balance, equilibrium and inspiration. The success would be if you go back home feeling physically and mentally refreshed and inspired to start making a difference in your life and others.

COST

The cost of the expedition £1,350 or €1,675 which includes all accommodation, food and equipment expenses for the expedition from arrival on the Thursday evening through to departure on Sunday afternoon. This does not include flights, which you will need to book separately.

MEET THE F4I LEADERSHIP TEAM



ISABELLE SANTOIRE

PROFESSIONAL MOUNTAIN GUIDE, EXPEDITION LEAD AND F4I AMBASSADOR

Originally from Quebec, Isabelle is one of the few women to have made the mountains her home as a professional mountain guide and member of the UIAGM. Based in Chamonix for the last 20 years she has shared her passion for the mountains and guided people from around the world. Through her career Isabelle has helped clients realise that whilst mountaineering can be rewarding and confidence building, mountaineering also helps individuals understand and face their unexamined limitations. And in doing so, often far exceed them.

As a guide, Isabelle has been privileged to cross path with a mixture of population, backgrounds and age groups. The common denominator found with everyone, is the need to have a “project”, something to be looking for, and incentive to get fit.

In September 2014, Isabelle wants to join Lee Travers with her project to bring women leaders together and experience an outdoor adventure that will enliven, revitalise and inspire. Rock climbing on vertical walls, walking on a glacier, and sleeping in an Alpine hut is the proposed itinerary.

By being “Up There” with a group of women, the objective is to create a network of women whose energy together can make an impact on other people’s life. By achieving something that might be perceived as difficult/challenging/impossible, it will be the occasion to step beyond present limitations, discover resources and understand the support of others around us.



LEE TRAVERS

CEO, CLAREO POTENTIAL AND FOUNDER OF F4I
EXECUTIVE COACH, MOTIVATIONAL SPEAKER & TOP TEAM FACILITATOR
AUTHOR OF INSPIRING WOMEN LEADERS

As CEO of Clareo Potential, Lee leads the finest group of Executive Coaches, Business Psychologists and Leadership Consultants to deliver world class Talent, C-Suite and Executive Development solutions globally. Lee brings more than 20 years of leadership experience in developing executives and leaders with global FTSE organisations including: BP, Unilever, HSBC, Barclays, RBS, Centrica, Hilton Worldwide Group and Scandinavian Airlines. Lee draws from lessons in her strategic and operational leadership experience as well as her work as a coach, facilitator and speaker around the world. Lee combines her own 8-point Inspiring Leadership model, leading coaching methods and the latest research in neuroscience to create insight, support and challenge leaders to make behavioural change and a positive impact. Lee brings practical tools and techniques for immediate transferrable skills to create authentic leaders that successfully inspire others and build high performing teams and businesses.

Lee’s strength lies in her deep understanding of businesses, expectations of performance and career development. This coupled with interventions to heighten awareness and an intuitive questioning style, Lee positively challenges leaders and teams for optimum performance and giving them confidence to be authentic and the best they can be. Working in a trusted environment, she helps leaders to define purpose and vision to drive action plans that drive commitment for improved business results and behavioural change. She has launched the new Force4Inspiration – expeditions and experiences for leaders in business who are keen to stretch their personal development, whilst making a greater difference to society.

Lee has a particular passion for changing the landscape for developing women in the workplace and has written “Inspiring Women Leaders”. This book is based on her own experience and 12 months dedicated to researching inspiring leadership. This included interviewing over 100 female and male leaders from around the world who have all gone to the edge and beyond to overcome setbacks and adversity and become leaders who care for and inspire others. She has also worked with leading psychometrician Dr Reuven Bar-On (Bar-On EQ-i) and Jonathan Perks to assess over 1200 leaders and its correlation with performance to develop a framework and tools that’s fit for the 21st century leadership issues.



JONATHAN PERKS MBE

EXECUTIVE COACH, MOTIVATIONAL SPEAKER, TOP TEAM FACILITATOR AND F4I AMBASSADOR

Jonathan has had more than his fair share of challenges, anxious moments and setbacks as a leader over 33 years. The immense learning from these “crucible moments” has shaped him as a trusted leadership advisor and Master Coach to global CEOs. He is powerfully motivated to continue in his father’s footsteps with a life purpose of “Inspiring leadership - so that you lead to succeed.” He works with executive clients and top teams at: Sainsbury’s, HSBC, Asda, Nestle, Christies, KPMG, RBS, Rio Tinto, Lloyds, Barclays, The Welcome Trust, Wincor Nixdorf, Mars Inc., Telefonica/O2, Travelex, Cambridge and other Universities, Governments and successful Entrepreneurs.

Jonathan passes on practical tips and skills from his inspirational speeches, his book and audio called “Inspiring Leadership”. He brings a breadth and depth of raw leadership experience in the British Army, PwC, IBM and as Penna PLC’s MD of Board and Executive Coaching. Jonathan is one of only 22 Master Certified Coaches (MCC) in the United Kingdom and is qualified in many of the major psychometric tools. He was Assistant to the Head of the British Army, Chief of Staff of the Army’s largest Brigade and Commanded his Company on 3 operational tours. He is the Honorary Visiting Professor in Leadership at Cass Business School. HM the Queen awarded him the MBE for his services to live leadership. In addition he has a passion for learning and research that led to his MA and MBA.



FORCE4INSPIRATION EXPEDITION AGENDA –



Thursday 18th - Sunday 21st of September 2014.

In advance of the event you will:

1. Be provided with access to the F4I On-Line Forum: Networking begins
2. Receive a copy of the 'Inspiring Women Leaders' Book & 'Fitbit®'
3. Complete the Inspiring Leadership Inventory™
4. A Personal Coaching Session: Setting Personal Goals
5. Be invited to select preferred F4I charitable project and work with F4I Ambassador

The F4I Team Challenges are specifically designed to get you physically working together as a team, achieving difficulty levels and passing on these lessons to others. A fun challenge, where each level of achievement will make a difference to our chosen charities. The conferences, wisdom counsels and exercises are aimed at building self-awareness and Inspiring Leadership skills. Some activities may change to allow for weather and delegate needs.

Day 1 – Thursday

All arrive by 4pm:

- Welcome drinks and networking
- Inspiring Women Leaders Interactive Session
- Evening Meal with Inspiring Leader Speaker
- Building Relationships and Trust exercise
- Ask the Panel

Day 2 – Friday

8am start:

- Introduction to Inspiring Leadership & ILi™ results
- Fitness and Wellbeing Workshop – Body & Mind
- Team Challenge 1: Rock Climbing & Abseiling
- Spa evening to relax bones!
- Dinner
- Inspiring Leadership Conference
- Wisdom Counsels – Making a Difference

Day 3 – Saturday

8am start:

- Transfer to Italy, cable car up to Helbronner
- Team Challenge 2: Hike on a Glacier
- Italian lunch at the Pavillon
- Team Challenge 3: Orienteering Hike to Bonatti Hut
- Wisdom Counsels and Thinking Partnerships
- Night at the Bonatti Hut

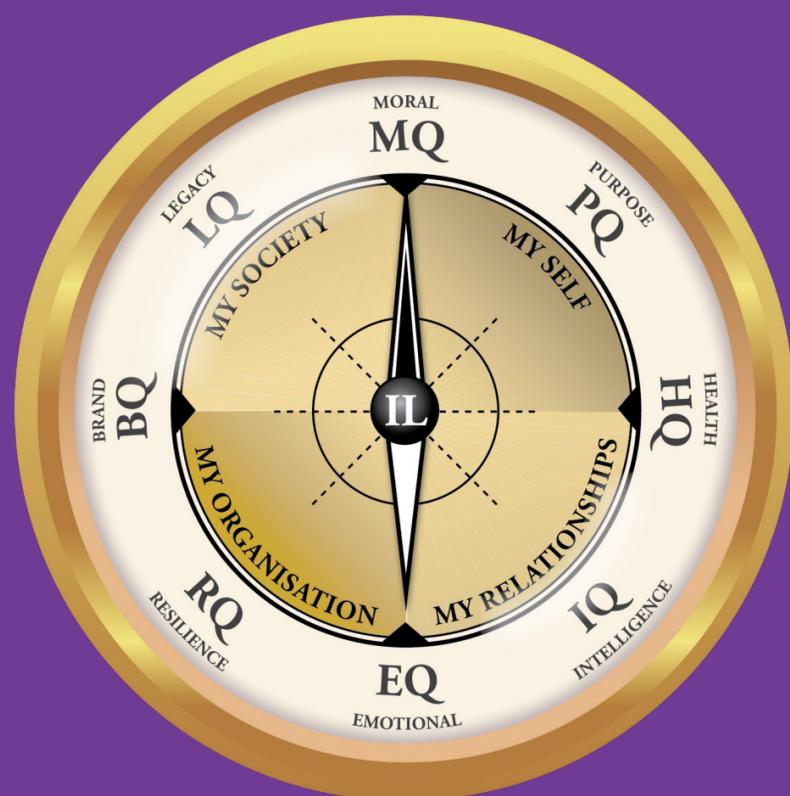
Day 4 – Sunday

8am start:

- Morning workshop on goals
- Charity Treasure Hunt Hike from Bonatti Hut
- Transfer back to Hotel – Lunch
- Wisdom Counsel: Building F4I Movement & Impact
- Debrief and Little Black Book
- Spa and showers before returning home!

If you would like to find out more/book please contact Bridget Steiner on +44 (0) 7747 102 914 or email bridget@clareopotential.com





LEARNING ABOUT THE KEY ATTRIBUTES OF INSPIRING LEADERS

Throughout the expedition, you will hear the latest research and insights from the 8 components of the Inspiring Leadership framework. You will have the opportunity to attend a variety of short related workshops for key topics. You will experience co-coaching and mentoring for more personalised support.

MQ: Moral Integrity

Establishing a clear set of principals, moral values and beliefs to guide your decisions, choices and actions.

PQ: Meaning & Purpose

Finding meaning and purpose in your work and personal life, creating focus and setting clear priorities for greater satisfaction.

HQ: Health & Wellbeing

Building good physical and emotional health, for a sense of overall wellbeing.

IQ: General Intelligence & Wisdom

Learning new things, solving problems and making good decisions based on sound judgment and wisdom.

EQ: Emotional & Social Competence

Developing awareness and understanding of your own and others' emotions in order to manage the impact on your relationships.

RQ: Resilience

Learning how to successfully cope with disappointment, crisis and catastrophe, as well as the ability to recover from these setbacks and learn from them.

BQ: Personal Brand & Reputation

Discovering your personal brand to enhance your reputation, image and impact.

LQ: Legacy

Developing your own legacy for your work, personal life and/or community, which leaves a positive and sustainable difference to add real value.

