

Leadership Expeditions

Frequently Asked Questions

What are the benefits for individuals on the expedition?

- A life changing adventure to treasure for the rest of your life.
- The time to identify and work on hidden talents and skills.
- An opportunity to develop an exceptional peer group of leaders to inspire their continued success.
- Practical, applied strategies for playing their “A Game” as a leader on their return to work.
- Time to focus on their business role and how they can best serve their organisation.
- A chance to unwind and achieve personal balance in this fast paced world that we endure today.
- An experience of the benefits of pro-longed exposure to the wilderness (absence of stress / distraction) and the impact it has on mental performance and clarity of thinking.

What are the benefits for the sponsoring organisation?

- Leaders who are more self aware, managing themselves and their impact on others.
- Leaders with greater clarity of thinking and focus who are more able to plan and think strategically.
- Leaders with enhanced leadership skills to better engage and inspire their teams to greater performance and thus deliver on business plans and objectives.
- Leaders more willing to make the tough calls in a timely and more effective manner.
- An opportunity to reward and inspire key leaders within the organisation.

Who are the expeditions for?

- Mid to senior level managers / leaders responsible for business units.
- Those taking an active interest in the coaching, development and engagement of team members.
- Business owners seeking to develop their businesses further.
- Aspiring leaders with high potential being groomed for leadership roles.
- Fun, engaged and enthusiastic leaders who have a passion to excel.

What is the group size on the expedition?

Expeditions vary in nature and thus the optimal group size varies too. Typically though, the group size will range from 6 to 22 business owners / leaders. In addition to this there will be business coaches and activity guides. Our aim is to provide you with a very memorable and life / business changing experience.

Why are you using an expedition format?

An expedition format naturally fosters teamwork and interdependence. The challenging nature of the expedition positions you for personal growth. The remote location allows you to dis-connect from the hassles and stresses of daily life and truly reflect and think about the more important issues in life and thus achieve clarity and focus on the things that matter most.

What happens if I have special dietary needs?

Expeditions are fully catered. If you have any allergies or special needs, please let us know in advance so that we can cater accordingly for you.

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What fitness levels are required?

Moderate fitness is required. This means that you need to be healthy enough to spend 7 days undertaking physical activity such as rafting, biking, tramping etc, depending upon your chosen expedition. Strength is not an issue as we will work in teams. Endurance is important as you'll typically be on the move for 5-7 hours per day. Most people will manage just fine provided that they do the occasional run, bike or exercise session. For water based expeditions, such as rafting, you will need to be able to swim.

What does a typical expedition program look like for the 9 days?

- Day 1: 1/2 day. Airport transfers to the expedition start point. Introductory brief, introductions, get to know each other activities, personal kit issued based on expedition activities and formal dinner.
- Days 2 - 7. Expedition activity days.
- Day 8. 1/2 day expedition activity. Business and personal planning time. Formal dinner and action plan presentations by each expedition member. Inspirational break through activities. Celebration.
- Day 9. 1/2 day. Concluding activities. Debrief and farewells. Transfers to airport.

What does an "Expedition Activity Day" look like?

- 1st. No distractions, no interruptions, no pressing needs, i.e. you can relax. Our experience is that it takes 2-3 days for people to truly get out of their typical "busy, got to do something" mind set and really begin to think.
- 2nd. Prior to breakfast each morning there is reflection time as each delegate works through a personal journal to commit to actions as a result of the previous days discussions. After breakfast there is a brief group accountability session where each person has a few moments to summarise their learnings and intended actions from the previous day.
- 3rd. The group completes their high performance morning routine together to build beneficial habits. This routine is determined by the group and may include such things as yoga, meditation, visualisation of goals, exercise etc.
- 4th. The physical element during the day (rafting, biking, walking etc, dependent upon expedition chosen) is a great opportunity for the coaches to drive small group discussions in a beautiful setting along the days leadership theme. The physical work out and team work is rewarding and beneficial to overall well being.
- 5th. There is personal free time at completion of the days activity prior to the evening session.
- 6th. An hour before dinner the group meets for a brief activity, after which a new leadership theme is introduced and discussed. These discussions generally continue informally over dinner and into the evening.

What impact do the expeditions have on the environment?

We are extremely passionate about the environment. We do our utmost on these expeditions to conserve and protect the environment, its natural beauty and native flora and fauna.

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What is the investment for an expedition?

Expeditions vary in location, duration, activity and group size. Hence each expedition is priced accordingly and for a specific expedition contact Mike Catton's office for details. The investment for each expedition includes the leadership training, airport transfers, accommodation at both ends of the expedition, accommodation during the expedition (may be hotel, B+B, mountain huts, tented etc as per the requirements of the expedition type), all meals, expedition equipment, training materials, coaching sessions and other goodies.

What equipment will I need?

We provide all activity and safety equipment necessary for the expedition. You may of course bring your own. All you are required to bring is your clothing and personal items. A gear list for the expedition will be provided to you upon your booking confirmation. For rafting expeditions kit weight is not an issue (we are floating) so you can explore the wilderness in comfort. For other expeditions, such as tramping where we are carrying our equipment, you may wish to pack lighter.

How safe are the expeditions?

Very safe. We use qualified activity guides for all the activity components of each expedition. Qualified guides comply with safety regulations and conduct risk assessments to ensure that risk is avoided, minimised or mitigated as required. We carry emergency equipment including location beacons, satellite phones and first aid packs.

How do I communicate with family and business whilst on the expedition?

The idea is that you have no contact with the outside world for the duration of your expedition. This is assisted by the fact that there is no phone coverage at some of the expedition locations. If you require outside communication for business or personal reasons this can be arranged. Please be aware that we have limited battery power supplies and our satellite phone is for emergency use. We do call a base station each day to check for emergency incoming communication from your family and business.

The questions that follow are for specific Expeditions

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From Mountains to Sea

What is the river like?

The Clarence River is not known for its massive wave-trains and death defying rapids. It is rather known for its length, remoteness, tranquil yet rugged scenery, its untouched wilderness, and abundant wildlife. The journey is a fantastic expedition, down a river that slices between two rugged mountain ranges, the Inland and Seaward Kaikoura's. All along the river campsites are set out in gorgeous surroundings, nestled amongst the native bush, with only the dawn chorus of bellbirds to wake you.

The Clarence River is a class 2 – 3, White Water trip, depending on river flow (this means the rapids, while being fun and exciting, are not technical or extremely dangerous). Should any of the rapids concern you, you will have the choice to walk around.

During the expedition we will travel by nothing more than the rivers energy and our own ability for the best part of 220 kilometers. This means that we have to be self sufficient and prepared for anything. There are no roads in or out, between put-in to take-out.