

EXPEDITION GOOD LIFE

STRENGTHEN YOUR
LEADERSHIP AND PERSONAL
DEVELOPMENT ON MULTIPLE
DAY EXPEDITIONS IN NATURE.

EXPEDITIONGOODLIFE.ORG

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TAKE YOUR (FUTURE) LEADERS INTO THE WILD

Let's go outside – with you, your team of leaders, high potentials or professionals. We turn our phones and watches off. Enjoy the silence, the peace of being outside. Experience real connection with nature and your colleagues.

We are going on long walks and hikes. During these hikes we do impactful assignments and have true conversations. In this way, you will find out who you really are, what you can rely on, what your true qualities are and where you want to go from here. We guarantee that, during an expedition, you will find the motivation to act on what you've learned. The result of these actions is that you will be a better leader, team member and more impactful professional. That is the true essence of leadership and personal development.

THE RESULTS OF GOING ON AN EXPEDITION



Gain insights and trust **your authentic style**

You will learn more about yourself, know what it is you must do to become a better professional or leader and gain more energy in your daily life. You will trust all the talents you already possess even more.



Connection, true conversation and reflection so you will **act** on what you have learned

You will find motivation to get moving on what it is you must do. During an expedition, you will find more strength to be your true self. This gives you more energy and it inspires others.



Resilient and **authentic** team players

By knowing yourself and taking the right actions you will strengthen your resilience and your positive influence on others. You will be more aware of your own values and become a better team player.

PROGRAM OUTLINE - EXAMPLE

On forehand

We will ask the team that joins an expedition to fill out an intake form. Based on these intakes, we have a discussion with the manager and one or two team members. By combining all this information, we create a tailor-made expedition that fits your learning goals.

After that we inform the team about the practicalities. To prepare the best, we share a few short videos that provide you with information about the expedition and what to expect.

Day 1

The start of the day is reserved for travel time. After the arrival of the team, we do a check-in in which we explain the goals and outline of the program.

We turn our phones and watches off and make our way to the forest.

In the forest we take a long walk. During this walk we will do assignments that help you gain more insights about yourself. Today is all about self-awareness; knowing your daily habits, your patterns and the qualities you can rely on. At the end of the day, like every day, we do a wrap-up around the fire and share what we have learned today.



Day 2

After breakfast we go outside. We will bring lunch, because the forest is our learning ground for most of the day. Today we will focus more on the future. Now you've learned more about yourself, where do you want to go?

This day is also reserved for a special assignment. In this case, we have chosen for the Icebath (Wim Hof Method). The icebath is a great assignment to learn how to focus on what's important when things are difficult.

Day 3

Following up on your learnings is very important to us. Today is just about that. We map out what you have learned the last days and focus on where you want to go in the future. We will work on finding answers to these questions: how can you get to where you want to go? What and who can help you in this? What are your intentions going forward? We dedicate time to this, as we find it very important you feel motivated to act on what you have learned. We wrap-up in the afternoon so there is enough time to be home on time.



WHAT TO EXPECT ON AN EXPEDITION

What to expect?

- ✓ **Out of the office**, in touch with nature and each other. Phones and watches off, that's where real conversations start.
- ✓ **Experienced, authentic** and professional **facilitators**. They love being out in nature and are great coaches.
- ✓ Care for a **safe learning environment** with room to reflect and confront when necessary.
- ✓ **Powerful assignments** and interventions based on **proven theories**. We use what is necessary – from physical exercises to 1on1 or group conversations and individual reflective assignments.
- ✓ **Rest**, relaxation and **humor** are always present.
- ✓ **Great locations** with **astounding nature** on maximum 4 hours car travel from Utrecht.
- ✓ A little help to get in the **learning zone**. We believe you can design your own learning path, but sometimes you need a little push.

What not?

- Building rafts, small games that 'tell you something about leadership' or wildly metaphorical assignments.
- Survival or bootcamp: we do not believe in physical exhaustion as a way to reflect on yourself.
- Picnic in the park: we are going back to basics without having to survive in the wild.
- Organized team building events.



A GLIMPSE INTO EXPEDITIONS



TESTIMONIALS

Participants of previous expeditions rate their learning experience with an 8,6 (out of 10).

Here are a few testimonials and an overview of clients of Expedition Good Life.

VATTENFALL



JDE

bol.com^{GO}

ARCADIS

FRISSEBLIKKEN

mollie

SENTIA



Vilans

It's a unique experience: being out in nature and working on your personal development. In this way you get to the core of what you need to know quickly. The facilitators are relaxed, very authentic and powerful coaches.

The expedition takes you by the hand to thoughts, behavioral patterns and helps you define what it is you truly want.

The program and the facilitators make sure everyone takes the step they need to take, whatever level of thinking you are on right now.

MEET THE TEAM



Daan van Lith

Founder & facilitator

Experience: 10 years of experience as coach, manager and consultant

About: Switched from a suit to a wind jacket to pursue his dreams.

Qualities: Is friendly, very connected and relaxed. Knows what it takes to follow your heart.



Elroy Lemmens

Facilitator

Experience: extensive experience in mental, physical and breathing coaching.

About: coaches soldiers in the Dutch Military.

Qualities: Knows the physical world like no one else. Reminds you regularly that the future has already begun.



Harry Misbeek

Facilitator

Experience: Founded and managed his own consultancy firm for 20 years.

About: Knows the boardroom like no one else. Lives in the Ardennes.

Qualities: Uses the power of nature to help you discover more about yourself.

WHEN WILL YOU JOIN AN EXPEDITION?



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