

# CHARIOTS OF FIRE:

## Leadership training Trekking in Aigüestortes National Park

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Name of the activity	<b>CHARIOTS OF FIRE: Leadership training Trekking in Aigüestortes National Park</b>
Brief description	The incomparable trekking of the National Park specially designed to develop the potential that we all have inside. A unique opportunity for those who like to enjoy the path and wish to take an active part in the direction of their lives. An inspiring experience to expand your leadership skills and emotional intelligence while we travel and admire the most authentic Pyrenees in seven comfortable days of trekking and staying in the genuine refuges of the Park. Are you ready ?! Let's go!

<b>Length</b>	7 days (July 15-21 2019)
<b>Price</b>	790€
<b>Visiting area</b>	Aigüestortes & Sant Maurici Lake National Park, Pyrenees

Approx. 5-6 trekking hours per day.

In this special trekking we will use the nature as a 'classroom' and we will move along as a team, facing the challenges together and learning to move safely through the natural environment

- Enjoying every step. Less days routes require walking for more hours per day
- You will exercise your leadership skills while exploring one of the best preserved environments in the Pyrenees
- You will integrate tools to manage conflicts
- You will make a gift to the body, with physical effort every day
- You will develop your ability to orient yourself towards your goals and decide about your future
- You will connect with yourself and your companions
- You will discover your strengths and areas of improvement
- You will meditate in the immensity of the mountain and share spectacular panoramas

A genuine and transformative experience, a unique opportunity to improve yourself and keep moving towards your best version.

Training contents:

- Bases of Effective Leadership: Self-Leadership
- Effective communication: listening and exploration
- Motivation and personal Integrity
- Emotional Intelligence: Self-awareness and Self-management
- Values, Vision and Action
- Meditation and creativity
- Nature and exploration of the environment.

Activities and learning procedures during daily trekkings and in the surroundings of the refuges: designated leadership roles; theoretical contents; group dynamics; spaces for personal reflection; group debates; individual and collective coaching; visualizations; neurolinguistic programming; meditation; ...

Approx. 20h of specific leadership and 20h of applied leadership







