

## ***Leadership in Action – a full immersion, kinesthetic leadership experience***

**Rediscover your best self, redesign how you show up as an influential leader; one who inspires confidence and creates success in a complex world. This highly interactive program requires you to formally and informally lead, teach, coach, and learn in real time – stepping strongly into each role.**



**When:** June 23<sup>th</sup> to June 27<sup>th</sup>, 2016

**Where:** This unplugged 5 Day Base Camp takes place in the nature retreat of Kyuquot (off Spring Island, BC) and is built around the rich experience of sea kayaking.

**What:** Learn cell deep, as you actually experience it ...we craft the right recipe that will have you paddling more competently and confidently regardless of your starting level, adventuring in the kitchen to learn more ways to keep your body healthy, developing your inner resources to create the life you want, and communicating with others in a way that attracts and inspires their best.

**Who:** An intimate group of 10 leaders. You will be facilitated, guided, supported and cheered by a happy, resourceful, respectful group that includes expert kayakers, naturalists, nutritionist, reiki master, yoga teachers, & Executive Coaches – each successful leaders in their own right.



*"The best tour company I have experienced. The guides, the day planning, organization, great food, accommodations on Spring Island, they were all excellent."*

**Pete G., Palm Springs, CA**



Solitude balanced with nature balanced with rich, deep conversation and exploration.



*“Absolutely stunning service, paddling, food & Accommodations.”*

**Brian Henry, Ocean River Sports**

Every room has a view. 5 star camping. Return each night to your own space and your own bed.

**What’s provided:** Kayak, safety equipment, gear, gourmet meals, accommodation, transportation to and from Comox to Spring Island, lessons (of all kinds), guiding (of all kinds) included. Details: page 11.

**Cost Per Person** - \$2807.00 plus GST. Only 10 leaders accepted, 50% deposit required to hold your spot (non-refundable if cancelling within one week before).

**Work-Life Resources Inc.**

**In partnership with**

**West Coast Expeditions (A Canadian Signature Experience)**

If you are interested and would like to learn more

Contact: Barbara

[barb@work-liferesources.com](mailto:barb@work-liferesources.com)

403-265-9072

*“How can a single trip contain so much beauty, inspiration, challenge, laughter and companionship—not to mention the best food on the planet? From the morning chant that woke us, the silent, alone time to ponder, the gentle yoga that restored us, the kayaking on the water that strengthened our bodies and the rich discussions that offered new perspectives, I was deeply engaged and joyful.”*

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## The Team

### Barbara Thrasher, Connector and Coordinator



Years of senior level consulting and Executive Coaching has taught her that as fast as things change, the more the fundamentals remain the same. She has demonstrated the ability to identify and articulate impacts for multiple stakeholders (often with competing demands and conflicting agendas) in new and more respectful ways that honour both the overarching objectives, along with each individual's unique needs.

Barbara's success is demonstrated by the long term relations she has built. She is not locked into one way of doing things. She knows how to leverage your opportunities during this time of increasing and complex workloads and diminishing resources.

**Barbara is a Bestselling Author and has received the Global TV Woman of Vision Award, and was Canadian Woman Entrepreneur of the Year, Impact on the Local Economy.**

### Paul Braconnier and Sonya Buys, Thought Provokers, Laughter Evokers.



Paul and Sonya are both recently retired senior executives from the energy, financial and pharmaceutical worlds. They bring a deep understanding of the corporate world. They are enjoying their newest careers of joyfully and generously sharing tips and techniques of "self-care". A journey through cancer treatments including chemo and radiation initiated a commitment to "do their part". Sonya used yoga and meditation throughout her healing, becoming a Kundalini Yoga Teacher. They have both become Reiki Master Practitioners, and practice Qi Gong and Tai Chi. A passion for cooking turned

into a passion for nutrition, Sonya loves to share knowledge about plant strong cooking!

### Donna Kennedy-Glans, Inspiration and Wisdom



Donna is a lawyer, businesswoman and leader in the energy sector. She was the first Female VP at Nexen and represented them internationally. She was an MLA serving Alberta and built the voice of her constituents. She is also the founder of Bridges Social Development, an NGO that builds capacity in communities in Canada and globally.

**Donna has been awarded the Global Woman of Vision award; was named a 'Compelling Calgarian' by the Calgary Herald in 2010; received the Queen's Diamond Jubilee Medal; was named one of Alberta's 50 Most Influential People, 2014 by Alberta Venture; and one of Canada's 50 Most Powerful Business People by Canadian Business.**

She is the lead author of Corporate Integrity: A Toolkit for Managing beyond Compliance, and Unveiling the Breath: One Woman's Journey into Understanding Islam and Gender Equality.

She is a thought leader, wife, mother to 3 young men, idea generator and community developer who specializes in bringing polarized parties to new understandings and agreements. She builds consensus and congruence.

### David Pinel, Managing Owner and Lead Guide.



Dave has been playing in salty water all of his life. He has been kayaking, boating, and leading west coast marine adventures since 1985, and organizing personal adventures long before that. Since joining West Coast Expeditions in the mid-90's, guests have long appreciated Dave's dynamic, inspiring, and intuitive leadership style that weaves together the finer details while keeping the big picture in mind.

Dave worked in fast-response Coast Guard Search & Rescue for five summer seasons and puts safety first. Dave established and helped grow one of Canada's first comprehensive sea kayaking instructional centres at [Ocean River Sports](#) in Victoria.

Dave is a veteran Guide Trainer and Examiner with the [Sea Kayak Guides Alliance of BC](#), and has been an early and long-time contributor to shaping British Columbia's professional sea kayaking practices.

### Caroline Fisher, Owner, Guide, and Host



Caroline loves plying the water in kayaks, exploring beaches and forests, eating well, and laughing. She has been a leader in outdoor education since 1990.

After many seasons of kayak guiding with top companies in Clayoquot Sound and Johnstone Strait, Kyuquot is now her "chosen place" – she's seen the light and knows a great thing when she sees it! An experienced Level 3 Guide with the Sea Kayak Guides Alliance of BC for 6 years, she now maintains her Level 2 Certification. Caroline brings lively energy and a keen sense of fun and humour to our West Coast Expeditions family.

Caroline juggles many of the behind-the-scenes administrative and operational details, and skillfully pursues her love of healthy eating and delicious food as co-choreographer of our menu and meals.



## Program Outline

### Overview

The focus of this learning process is on expanding and employing your leadership.

***Expand your vision. Expand your skills. Expand your capacity. Expand your inner tranquility.***

In order to realize transformation you must be an accountable leader of your own life, with people turning to you instinctively to lead them. Only with clarity about what you want your future to look like and 3 to 4 priorities (at any one time) regardless of what is being thrust upon you, can you be assured of moving towards your desired outcomes.

You will learn to move away from “horizon thinking” and enhance your ability to lead yourself and others in the moment. You will work on surrendering perfection in order to become a master at recovery. You will unstintingly test and measure progress so you can learn from your success and quickly build on it. This process has a track record of significantly decreasing the time it takes to achieve the results you want.



**Each day brings multiple opportunities to opt in and opt out according to your own needs.**

**The mindfulness of improving your paddling skills, whether you are a novice or an advanced kayaker, will quiet your ‘Monkey’ mind, allowing you to hear and be guided by your inner voice.**

**You will be given important questions each day that prompt your leadership discoveries.**

- Daily time on the water during tours, will reveal to you nature’s lessons on leadership.
- You will step in and step out to lead and follow, obtaining feedback on both roles that allows you to adjust as you go.
- You will experience ‘walking coaching’ and ‘walking

mindfulness’ in ancient forests with experienced naturalists and executive coaches. Nature will open new possibilities in your thinking, allowing you to see new, more grounded ways to show up as a leader.

- Your inner creator will surface through your preferences in writing, photography, painting and sketching. This will allow you to ‘see’ new perspectives and zoom in to magnify what is important.
- Your body will be nourished, even as your mind and spirit are.
- Your energy will be reignited through yoga, tai chi, reiki, breath work and meditation
- Time for quiet reflection at the water’s edge, will allow you to sift through your thoughts.
- Campfire time brings the opportunity to share those thoughts, distilling and simplifying them.
- Feedback from the collective wisdom of the group will expand them, providing you new perspectives.
- Sweet dreams at the end of a physical, outdoor day will magnify and embed them deep in your subconscious so you come to own them.
- Opportunities will follow each day to test new behaviours in safe practice.

### 3 Leadership Fundamentals = Greater Mastery

**You will deal with the immediate deliverables in your own life by designing a comprehensive work plan that will support you in attaining it. These intentions will move you forward more peacefully, with a greater sense of purpose and enjoyment – so that you are able to relish what each day brings.** This exploration process will engage nature and paddling to quiet your 'monkey' mind allowing you to hear your deepest desires, identify what's getting in your way and create the space for you to make the appropriate adjustments. The learning will be guided with the understanding that you already know your own best life and leadership. You only need the space to identify it, polish it and determine action steps to ensure you create it. The real learning will come from the bright, intelligent interactions you have with your team mates and guides as you explore possibilities and give yourself the gift of thinking things through to conclusion, choice and action.

You, your guides and each of your peers will all generously share your talent, heart and best thinking to broaden and deepen each other's perspectives and options. You can reliably tap into the extraordinary co-creative potential that exists whenever human beings gather together. Wisdom appears most readily when we are willing to be together, in patience, acceptance and curiosity. Social Psychology has shown us that people learn best and fastest from their peers. This creates more sustainable results. Lao Tzu reminds us that anything propelled by wisdom serves the greater good.

#### 1. Create Your Own Engaged Teams

**Barbara** is known for creating strong and diverse teams both personal and work related - be they family, volunteers, contractors, employees, financial stakeholders and/or clients. She knows it takes us all working together to achieve desired results. She sees your capability and brings out the wisdom, empathy and a plethora of top skills in designing and following through on the deliverables aligned with the individual's vision and values. She never loses sight of the balance of your development within the context of your own big picture. Her facilitating style ensures the best thinking of the entire group is elicited and shared.

#### 2. Communicate for Shared Understandings

**Donna** recognizes that everyday conversations create the scaffolding for authentic engagement. She always seeks to find ways to widen the circle of involvement, creating a safe and rich multi-level environment that everyone is not only able to, but also understands they are responsible for, contributing to the continued conversation. More than collaboration or compromise she shares process to create the extraordinary. She will harness your best thinking for the good of the whole group. She will expand polarized views helping you develop the skill to build quickly on common interests.

#### 3. Focus to Accomplish What Has Greatest Value by looking after yourself first. You cannot look after anyone else if you aren't healthy and whole. **Sonya** brings a 3D look at healthy mind, body and spirit. You will work at creatively gaining and maintaining the inner peace at the heart of servant leadership, learning how to harness energy – your own and others, to move your ideal forward.

***Their attention is always on your implementation; this helps you ensuring your desired behaviour change occurs and is sustained. This process will enhance your ability to see it in action and adapt it for your own use.***

## Daily Schedule: How the week unfolds:

### Day 1

- Morning van transportation from your accommodation in Comox/Courtenay (see potential accommodations - page 11); four to five hour scenic drive on northern Vancouver Island to remote Fair Harbour; chartered water taxi transportation to our Wilderness Retreat base camp on Spring Island - on the outer edge of Canada's west coast! Get to know the team as you travel through this spectacular beauty. This is a time of moving beyond what you want to let go of and opening up to what is to come.
- Early afternoon arrival with a light lunch, welcome orientation – including safety, tour of base camp facilities; time to settle into your waterfront tent accommodations and further getting to know your team mates.
- Start enjoying the sights, smells, and sounds while getting used to the 24/7 flow of tea, coffee, or juices and the always available bowl of fruit and snacks.
- Gain further understanding that we listen to the needs of each participant – while weaving leadership into every aspect of our day we ask... "what are you most looking forward to experiencing, trying, or learning about?" ... and then begin activities that will suit the collective and individual interests: maybe a guided forest walk to stretch travel legs and enjoy beach-combing on some of British Columbia's most magnificent shorelines, or maybe an introduction to the kayaks with basic strokes and an afternoon paddle among sheltered islets. Relaxing introductory kayak outing or forest trail walk to spectacular and rugged exposed west coast shoreline and scenery - use your arms or legs and get your bearings! You've arrived!
- YOU have the ability each day to opt in and opt out of certain activities. You want to align your own body rhythms and ensure your greatest level of learning and enjoyment. Achieving success means moving beyond the voice in your head that is saying, "Darn it, I don't want to do this. Why do I have to do this?" to tell us how you will achieve the same development outcome your way - and you are off to your own fun and games.
- Yummy appetizers lead to a satisfying and delicious dinner.
- Evening activities are structured, providing you with time to fully experience shared wisdom around the fire.
- Play time includes games in the dining shelter or meadow (bocce, croquet, or ladder golf!); sunset walks, paddle boarding, or a swim.
- Free time includes options for feeding your creative skills – photography, painting, sketching, or writing.





## Days 2, 3, and 4

- You might be woken by the caress of waves on the cobblestone beach, the morning mew of a Sea Otter pup in the bay, the call of a bald eagle overhead ... or simply the need to stumble out of the comfort of your tent to find a coffee to say hello to the day.
- After yoga, breath work and meditation you are ready for a tasty wholesome breakfast. Then it's time to dig into the next segment of learning; each step of leadership development follows sequentially as you gain better understanding of yourself, move outward to your team, and then to your work and other environments. You will constantly build transferability back to your daily life.
- We move from theory to kinesthetic learning as we head out mid-morning to kayak tour through islet clusters, destined for an island, beach, forest trail, or nearby estuary to explore. Your leadership is put into practice in real time as you move through activities. We are surrounded by a myriad of route options for these three days, most offering perfect sand and crushed shell beaches for breaks, lunch stops, beach combing, exploring tide pools and rocky outcrops, or "savage lounging" (the paradise of a rejuvenating afternoon nap on an island in the pacific!) Breaks are a chance to reflect on our learning, or digest the next bit of information.
- Arriving back at the quiet bay of our camp around 4:00 p.m. offers the opportunity to expand the learning of the day through a variety of processes from mindfulness meditation, journaling, photography, painting, or other ways to explore your creative self.
- After some evening appetizers, you may choose to go for a refreshing swim, wander the trails, settle onto the warm beach stones with a drink in hand, enjoy a hot shower, or visit by the fire (or if it's cooler and raining, by the warmth of the wood stove in our dining and activity shelter). This is quiet time to complete assignments and collect your thoughts.
- With a scrumptious dinner in belly, we are ready to share our learning and our newly acquired wisdom. Evenings are often enjoyed around the campfire, or with a sunset walk and talk to the exposed west side of Spring Island.
- Later we also have the option of using the kayaks for sheltered and unparalleled sunset paddling, full moon paddling, or night-time paddling with the darkness lit up by the magical underwater sparkles of bioluminescence swirling off each paddle stroke.
- Your 3-4" foam mattress and bed will eventually lure you to rejuvenate for the next day's adventures.

## Other Adventures

- On one evening, you will experience a traditional Aboriginal cultural salmon dinner, prepared around the campfire by local Kyuquot-Checleset First Nations hosts. This offers a unique opportunity to explore our understanding of the value of diversity and the luxury of introducing new ways of doing things.

*"What a fantastic week!  
Thanks for the exceptional  
hospitality – no small  
detail was overlooked."*

**Tymkin, Coldstream, BC**

## Day 5

- As per previous days, we have the morning to explore a little closer to camp: possibly a sunrise paddle (optional for early birds!), or a kayaking circumnavigation of Spring Island or nearby Aktis Island if the conditions are suitable.
- Then it is time to wrap up, and have our final sharing. You will do the final tweaking of your design to move your leadership forward back in an environment of noise, complexity and chaos. You will leave with the comfort of knowing how will you maintain what you have gained.
- After our last lunch together and goodbyes, it's time to take the spirit of your Spring Island experiences home.
- You will depart from our beach in the early afternoon by water taxi. Then return van transportation to Comox. There we will say our adieus, knowing we will remain connected in spirit and via email. You are assured of on-going support, as and when you need it, back-on-the-job. This experience is now a part of who you are and one so precious you will be committed to integrating your new mindsets and behaviours into your everyday.....new spices that add zesty flavors to your life and to all those you impact.



### **This is what's included:**

- Two-way ground transportation with professional drivers (van shuttle) to/from your overnight accommodation or vehicle parking location in Comox; parking available.
- Two-way water taxi transfer from Fair Harbour to WCE Spring Island Base Camp
- Hot Shower! (beachfront)
- Walk-in waterfront tents (each with a jaw dropping view) with beds, pillows, fitted sheet, and fleece blanket (just bring your sleeping bag...or arrange to rent one from us – see [registration form pg. 13](#))
- All scrumptious meals and snacks once with us in Kyuquot - everyone is pleasantly satiated!
- Traditional Aboriginal cultural salmon dinner, prepared around the fire with a local First Nations family
- Professional guides
- All group safety gear and safety training
- Diverse fleet of new, high-quality fiberglass and Kevlar single and double kayaks and all related kayaking equipment
- Use of paddling jackets and dry bags for day trips when kayaking
- Engaging interpretive programs (rainforest, intertidal, marine, cultural) to create interactive learnings to support your leadership journey
- Comprehensive resource library of reference and reading material about leadership, the coast, astronomy, photography
- Complimentary use of Stand Up Paddle Boards or "Window Kayaks" for exploring in our sheltered bay
- Yoga, reiki, meditation
- Materials – Including work sheets and readings.
- Executive Coaching: one-on-one
- Facilitation of the entire process
- Innumerable other things - big and small - that make your experience with us feel comfy and complete!

### **This is what you are responsible for:**

**Arriving in Comox ready to depart by 8:30 AM on the morning of June 23<sup>rd</sup>, 2016**

**NB.**

**Hotel Options with special rates for this Adventure:**

[Holiday Inn Express hotel](#) and [Old House Hotel and Spa](#) – mention West Coast Leadership Adventure when you call to register.

Free Parking is available at the Ferry

Orientation package with all details when be sent to you when you register.

***NOTE: you will be unplugged. Emergency contact is available. This is a cell and internet free zone.***

## This is what to Bring: (your checklist)

- Your camera, sketch pad, paints, journal or any creative materials that will help you open up your creative thinking.
- Yoga mat or travel yoga mat if you have one – if you need us to supply you with one – pg. 13.
- Notebook and pens for writing.
- Your sleeping bag and if you have a special pillow for your neck you may want to bring that along. If you are flying and do not want the extra bulk of a sleeping bag you can arrange to rent one from us – pg. 13
- An LED camping light that straps on your head for moving about at night (handy if you take a moonlight walk to the beach.)
- If you want to be even more cozy at night you may want to bring a hot water bottle that you can fill and tuck into bed with you. Face cloth and toiletries. You may like to have wet wipes.
- Your sunshine and rainy day clothes (layers – long underwear, definitely rain pants, jacket and rain hat or hood) Comfort is the order of the day.
- Bathing suit, Water shoes, beach towel, sunblock, dark glasses, hat with peak to protect face.
- Walking shoes.
- Any personalized kayak gear that you feel you can't do without (know all the basics will be supplied)
- Comfy campfire clothes (clothes that get smoky smelling – you may want to bring a separate plastic bag to store them in so they don't mingle with the rest of your clothes. You will be able to hang them to air.)

## Registration Form

*Please complete and return to – [barb@work-liferesources.com](mailto:barb@work-liferesources.com)*

**Name Title**

**Organization**

**Email**

**Mailing Address**

**Phone – work**

**Phone- Home**

**Phone- Cell**

**Emergency Contact Person/Contact Information**

**Dietary Concerns (if any)**

**Health Restrictions (if any)**

**Special Interests (check all that are applicable)**

- Art
- Writing
- Photography
- Hiking
- Nature studies/geology
- Astronomy
- Water sports
- Nutrition
- Yoga
- Meditation
- Reiki
- Tai Chi

**Additional Equipment (check if you would like them provided)**

- Sleeping bag - \$25 rental fee
- Yoga Mat