



A Challenge for Balanced Leadership

and Personal Energy Management

Hay Group and GPS4life invite you to engage in a unique project that will focus on personal energy management and leadership. Together with 10 executive leaders you will train - individually and as a group - to master a sporting challenge (climb the Monte Cetona) and simultaneously undertake the inner journey for top-leadership.

Tuscany - Monte Cetona
September 25th - October 1st

Let's imagine we would help you to reach a challenging sport-related goal that will enable you to test your endurance, perseverance and resilience.
Let's imagine we would help you to come to grip with eating habits that lead you to (un)balance.

We invite you for a program that integrates and focuses on all the elements mentioned above, by which you can start to find that mental and physical balance that is sometimes jeopardized in your demanding environment.

Specialists with a multidisciplinary background will guide you through this rewarding journey.

Program

The program will focus on:

- **Sports –cycling:**

Physical fitness test at the start of the program followed by a sportive and physical preparation during 6 months adapted to your test scores:

- April - June: online individual coaching by a professional sports coach to support your personal training program and 1 group training of 3 to 4 hours in the 'Vlaamse Ardennen'
- July - August: maintenance training
- September: second physical fitness test followed by shorter, intense training sessions to build up your physical strength in view of the climbing of the Monte Cetona.
- September 25th - October 1st: intense sports program in Cetona: daily cycling sessions, mental and physical preparation to support the challenge of conquering the Monte Cetona: morning fitness under supervision of the coach, a daily cycling tour of about 40km, daily evening stretching and relaxation session, ascension of the Monte Cetona at the end of the week.

- **Leadership development:**

There is nothing so important and so difficult as to continuously develop yourself as a leader.

Today, as a leader, one is expected to give direction to the colleagues and the organization. But where can we find the time and the energy to give direction to your own development?

What are your own, specific leverages giving you a unique framework to be a successful leader?

What is the legacy you want to leave as a leader? How would you like to be remembered in your organization?

These, and so many related questions will be analyzed in depth, during the morning sessions in Cetona.

The coaching by the supporting team, but certainly also the 'peer-coaching' will focus on defining your own developmental goals, the exchange of feedback and the willingness to make use of the soundboard that others can offer you.

These are crucial elements in the INNER JOURNEY TOWARDS LEADERSHIP that we will offer you during the project:

- one interview and assessment before September
- the possibility to meet and network with the other participants
- morning sessions on leadership development
- intensive personal follow-up during the week in Tuscany

- **Balance and energy management:**

We will focus on the link between nutrition, sports (performance) and stress (resilience). During the preparatory stage as well as during the stay at Cetona, these concepts and their practical application will be covered.

Facilitators

- Hay Group - Gie Kauwenberghs
- GPS4life - Dr. Patricia Annicq
- Functional Training - Max Icardi

Practical information

- **Accommodation:**

Accommodation next to Sarteano, just below the Monte Cetona hills, Tuscany September 25th up to October 1st: villa Cerchiaia and villa Porcarecchia

- **Transportation:**

by plane to Rome (schedule to be confirmed)

- **Investment:**

5500€ (excl VAT): the investment per participant includes flights, accommodation (single rooms and en suite bathrooms), meals & beverages, training and coaching during the preparatory stage as well as during the week at Cetona, transport and transport insurance for the bikes and bicycle repairs in Tuscany if needed, medical check ups, visit to a local vineyard and wine tasting.



For more information and registration, please contact Leentje Van Meirhaeghe at GPS4life
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HayGroup

Hay Group is a global management consulting firm that works with leaders to transform strategy into reality. We develop talent, organize people to be more effective and motivate them to perform at their best. Our focus is on making change happen and helping people and organizations realize their potential.

GPS4life

GPS4life works on 3 main areas (nutrition and medical follow-up, physical exercise and mental coaching) in order to encourage a change of lifestyle that allows to cope with stress in a positive way. Our work is based on the individual and his specific needs and possibilities.

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General conditions

Every participant needs a certificate from a medical doctor wherein is stated that the participant is fit for the physical challenge and that there's no contraindication.

Conditions of payment

*To confirm the registration every participant pays 1750€ of the total amount due before or on April 15, 2011.
The second part of 2000€ is paid not later than the date of the first group training.
The last payment of 1750€ of the total amount due is paid not later than September 15, 2011.*

Cancellation

*On cancellation after April 15, 50% of the total invoice amount will be due.
GPS4life-Hay Group reserves the right to cancel the program in the event of insufficient participation no later than 28 days before commencement.*

Further conditions can be found on the final invoice.