



Inspirational High Performance Expeditions

For powerful results personally and professionally

India 2010

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From Ken Hames



Hello and thank you for showing interest in our 2010 High Performance Expedition to India. We've set up this expedition because we want to inspire you to go on a personal journey that will help you to reflect on your personal objectives, learn from other business leaders and share best practice – all in an amazing location.

My name is Ken Hames and I lead Farscape's team of expedition leaders and facilitators. I ensure that our team are highly trained to look after your safety and oversee your personal development on your journey. I have completed over 20 overseas expeditions to mountains, forests and deserts around the globe and I am passionate about giving people the opportunity to achieve extraordinary things. Over the last 4 years I have led 3 expeditions with people with disability, which has been televised in the BBC2 'Beyond Boundaries' series. When not working on expeditions and documentaries I deliver motivational talks and training to businesses. Previously I served for 25 years as an Army Officer and was part of the Special Air Service.

I am incredibly excited about this expedition to India. During your two-week journey into the Uttaranchal region of India you will experience its serene lakes, cascading waterfalls, the majestic Himalayas, verdant forest, tiger reserves and incredible rivers. The indigenous people are amongst the most welcoming I have ever come across in the world and this is a rare chance to meet and interact with them.

It is on this unique journey that you will meet and work alongside experienced and inspirational business leaders; share knowledge and experiences and begin to unpack the personal, team and high performance issues that reveal themselves as you negotiate unfamiliar terrain and situations. Your expedition leader and facilitator will be the driving force behind the expedition but you, together with your fellow expedition colleagues, will drive the outcomes.

The expedition will give you the chance to re-energise, review your behaviours and motivate yourself through reflection and discussion, away from your workplace and in an environment where decisions have real and immediate consequences. This is your chance to have a life-changing experience that will remind you of what your personal values are and what drives you; and how you can use them to improve work and home-life.

I guarantee that you will not be disappointed in either the location or the experience. In the wilderness - away from the bustle of everyday life - you have the space to think, and you'll arrive at a place where powerful instinct replaces tired processes.

In the following pages you'll find more information on the itinerary, India and Farscape Development. If you would like to chat about any aspect of the expedition, please feel free to contact my colleague Ruth Moody at Farscape Development on 0117 370 1801 or email ruth@farscapedevelopment.co.uk.

I hope you can join us.

A handwritten signature in black ink, appearing to read 'Ken Hames'.

Ken Hames - Head of Expeditions

2. Who is this expedition for?

When you've reached the top of your organisation or run your own business, it's important to take some time out for you and to re-connect with what motivates and inspires high performance in you and others. This expedition is for senior managers and business leaders who know that people are at the heart of a successful organisation, and who value the importance of personal development.



If you are an individual in business, or you are responsible for finding training opportunities for senior management or promising staff, you may not know how an expedition can bring about a return on investment. If this is the case, please read on! We are also happy to talk you through the benefits compared with more traditional training initiatives. Please call Ruth on 0117 370 1801 or email ruth@farscapedevelopment.co.uk.

3. Why join an expedition?

As business leaders you'll be at the top of your game; you'll be highly respected and you'll know how important it is to build trust and respect with the people around you. However it's all too easy to get lost in everyday processes and forget about your own needs and the needs of those around you. This expedition is about inspiring you so that you can inspire great things in others.

At Farscape we believe that the best way to develop high performance is by taking individuals out of their comfort zones into more unfamiliar and dynamic environments. It's also an opportunity to reconnect with your instincts as you respond to the landscape and the people in India.



A wilderness expedition provides the perfect medium to explore areas that are personal to you and that will make a difference to your life. As a result the expedition experience is combined with facilitated discussions, reflection time and coaching to help you get the most from your time away.

Here are just some of the ways that you can benefit from a High Performance Expedition with Farscape Development in an increasingly challenging market-place:

- **Reflect on your behaviour with other experienced business leaders** and recognise what you do well, and where you can improve
- **Refresh and re-energise yourself** and take back new ideas and enthusiasm
- **Review your experience** and identify personal and professional actions that you would like to take

Why are these things important?

- So that you feel calmer, more focused, and happier because you are able to be successful in your role whilst still devoting the time that you want and need to your families

Farscape are currently working with a number of high-profile companies such as **Norwich Union, Allianz, Sir Robert McAlpine, Airbus and Stena Drilling**, and you can read our success stories at: www.farscapedevelopment.co.uk. Alternatively, see the testimonials in **Section 5. About Farscape Development.**



4. Your destination and itinerary

High Performance Expedition – India 2010
Departs 14th – 28th November 2010.

India is an extremely diverse and vibrant country with enchanting people and landscapes. Your expedition offers you opportunities to spend time in a rugged, dynamic and truly wild region; to raft on the Kali Sada River; trek in the dense rainforests, and live and work alongside the local community on the banks of the Ganges River. The expedition will be focused in the Uttaranchal region which lies in the Northern part of India amidst the magnificent Himalayas and dense forests. The state is bordering Himachal Pradesh in the north-west and Uttar Pradesh in the South and has international borders with Nepal and China. The expedition will travel through the far less visited Kumaon region and will spend much of its time on the Kali Sada, the river that marks the border with Nepal.



The alpine and tropical rainforests that cover most parts of the state make natural habitats for some of the best-known wildlife creatures India has on offer, including being home to the Royal Bengal Tigers in The Jim Corbett National Park.

Arriving in Delhi, the frenetic and lively capital city, you will begin your expedition journey by travelling out to your first night's camp. 6 hours outside Delhi, this camp provides the perfect contrast to Delhi, set with the backdrop of the River Ganges. The camp is located

on a sandy beach with portions of dense riverside forest and it is here you will spend some time camping beneath the stars and training for the river journey that you will undertake later in the expedition.

Once fully prepared for what lies ahead, you will travel overnight by local train to Kathgodam in the Kumaon foothills on the banks of the Kali Sada. It is here that you will begin your journey down the remote and breathtaking Kali Sada River where stretches of calm tranquil waters are interspersed with rapids and white water. The river forges its way through the foothills and surrounding jungle, increasing in gradient and force with each day. The Kali is seldom run, seeing only around three commercial trips a year and provides pristine beach campsites each night, within its forested and gorged banks. With the lack of road access this river trip is a complete wilderness journey. The few bridges spanning the river are used only by porters, carrying their loads between India and Nepal and you will float past the isolated terraced farms of Kumaoni and Nepali villagers.

It is here that you will begin to source food and supplies from local villagers and spend some time learning about the culture, values and traditions of these welcoming people.



Your river journey will take you through a steep densely-wooded valley that contains a profusion of flora and fauna. Leopards and bears roam freely; monkeys populate the trees. There is a rich variety of bird life and the river is full of fish, especially the famous mahseer. Passing through a beautiful final gorge, the river then bursts out of the mountains and onto the Indian plains. After completing this exhilarating and spectacular descent, you will have the opportunity to complete a trek through the vast mixed deciduous and giant *sal* forests. This majestic arena is the home of the tiger, wild elephant, gharials, maggars and chital; all creatures synonymous with India.

After you have completed your trek, you will then travel back to Delhi before embarking upon a two-day project with a local school on the banks of the Ganges. This is a fantastic opportunity to meet and interact with some of the indigenous communities that survive in this landscape.



Wherever you are on your expedition, your nights will be spent around the campfire with the sounds of the forest all around. India is a beautiful country and your expedition will take you truly into the wilderness where you can reflect on the stresses of everyday life; start to feel inspired and reconnect with what is important to you.

The itinerary will be finalised in conjunction with your expedition team and leader during your pre-departure training. The expedition journey will be shaped and moulded by you, and decisions about direction and duration will be made within the team. Where possible we will provide a number of options and guidelines for you to discuss in order to help you make your final decision.



Personal Development during your expedition

This expedition will involve a small group of up to 12 business leaders, an expedition leader and an expert facilitator.

This is not a holiday. The experience will be demanding, both physically and mentally and you will camp out for the majority of nights.

As you trek the dense forests and raft the Kali Sada, you will embark upon a powerful and emotional journey. Although the destination may sound idyllic, the purpose of your journey is to give you the space and time to reflect, learn from others and re-connect with your personal values and what drives you. As such you are likely to reach profound conclusions about changes that you want to make in both your personal and professional lives. In these environments, self-leadership and the art of supporting, following and motivating others will all be crucial to your success. Personal learning logs, one to one coaching both during and after the expedition, mentoring and facilitated feedback will shape your experiences.

We provide a full 14 day itinerary, which is circulated to delegates prior to the expedition, along with a pre-expedition manual, kit-list, your insurance documents and health and safety advice. We also schedule a pre-expedition training course in Herefordshire.

5. About Farscape Development Ltd.

Farscape Development Ltd. specialise in high impact, experiential training that has powerful results in the work-place. We run tailored, UK-based courses for companies who want to build better teams and boost productivity – and overseas expeditions for individuals in the business world who need a fresh perspective to improve their skills and take their companies forward.



We guarantee outcomes that are aligned with your personal and business needs and we work alongside some of the world's leading facilitators to achieve this. Our facilitators include inspirational expedition leaders such as **Ken Hames** (*Beyond Boundaries* BBC2 and *Mission Africa* BBC1, www.kenhames.com); **Justin Featherstone**, who has been instrumental in training leaders from military, public sector and corporate backgrounds at the Royal Military Academy Sandhurst, and **Mac Mackay**, a highly qualified facilitator who is a member of the British Safety Council and who has achieved the coveted *Union International Association Guide Montagne* (UIAGM).

Farscape was founded and is run by **Ruth Moody**, who has worked in the training industry for 10 years and is passionate about giving people the opportunity to learn through experience. She has pioneered the 'values-based' learning ethos that forms the foundations of Farscape's approach to training. Ruth is a trained and qualified as a facilitator and expedition leader, and has led expeditions to Morocco, India, Kenya and Peru.

What companies have said about Farscape Development courses:

"The programme that Farscape designed exactly matched our needs and addressed all of our issues and more...Feedback from everyone has been excellent. Norwich Union is committed to training and we are planning more training with Farscape to build upon this success."

Liz Timms, Head of Key Accounts, Norwich Union Life

"Not only was the course put together very well, but the instruction was some of the best I have come across, with every subject delivered not only with the confidence of knowledge and experience but also with a fair bit of "dynamism". Thank you for providing the best SRM course I have attended in my years with the company."

Richard Lewis, Sir Robert McAlpine

"I learned so much about myself and my team, working with a group at the forefront of my mind rather than myself! I will take this lesson back to my business and my new leadership skills will help not only my employees but my business succeed."

Debbie Kleiner-Gaines, Managing Director, Best Health UK

"This was the fifth in a series of teambuilding/motivational events which I have organised, and Farscape is the only one that delivered all our objectives and more".

Hugh Price, Professional Development Manager, Sir Robert McAlpine

“I didn't realise how much the trip had helped me until I came back home, to put it simply it was an amazing journey both physically and mentally.” *Christine Bellenger, Allianz Insurance, Expedition Delegate*

To find out more about our UK-based courses and overseas expeditions, please visit www.farscapedevelopment.co.uk or call Ruth Moody on 0117 370 1801.

6. Expedition Fees and booking instructions

Please don't hesitate to call if you are interested in our High Performance Expeditions, or our UK-based courses. We are happy to talk you through the benefits of this type of experiential training compared with classroom-based approaches, and to explain how the outcomes can benefit you. You have no obligation to proceed with a booking.

- Call Ruth Moody on **0117 370 1801**
- Email ruth@farscapedevelopment.co.uk indicating a suitable time to contact you.

If you have already decided to join us on our India expedition, please request a Booking Form using the contact details above. Please note that places are limited. Please remember that you must be free to travel between the 14th November and 28th November 2010. If you cannot make this date, please enquire about other Farscape Expeditions. Your pre-departure training course and post expedition coaching dates will be confirmed later in the year. Both of these are an essential part of the expedition journey. Your expedition leader and facilitator will also be confirmed later in the year and you will have the opportunity to meet with them prior to departure.

Expedition Fees

The expedition cost is **£5,495 per person** and is **inclusive of flights, insurance and all in-country costs**. You will be required to bring basic kit which you may not own and which is not included in the price. Prior to the expedition we will provide you with a training course, a kit-list (with a 15% discount at Nomad Travel Stores), insurance, health and safety advice and a pre-expedition manual.

We look forward to welcoming you on this fantastic journey!