

## **TRANSFORM YOUR LIFE TODAY**

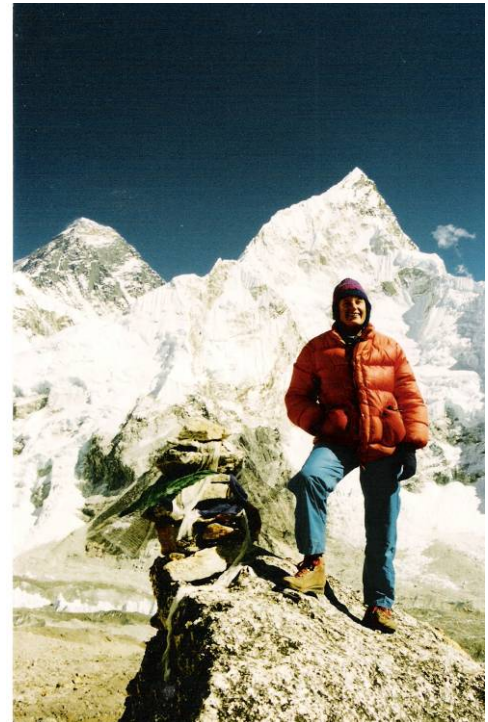
### **Embark on an exclusive life and trekking journey**

Perhaps you have reached a point in your life where you are wondering what's next? What's your bigger purpose in life? What truly makes you happy? You might take time off to think about this or discuss it at length over coffee with others. Or you may just decide to switch jobs and do something different. But this might not be enough.

Why not reach deeper within to challenge yourself?

#### **Why not Dare to Dream?**

Consider this: we offer you a unique opportunity to rediscover and realise your purpose and goals in life, culminating in an amazing 19-day trek in beautiful Nepal, to the very foot of Mount Everest. You will share this once-in-a-lifetime journey with a small and special group of 12 like-minded, inspiring and dynamic people.



When you embark on this exclusive journey, you will be:

- Taking on 6 life coaching sessions, guided by a renowned adventure coach, Sarah Wilson, before and after the Nepal trek. Sarah herself is preparing to climb to the summit of Mount Everest, and as she learns about what it takes to take on big goal, so will you.
- provided with customized support throughout, with specially created personal life tools and resources
- given advice and tips on preparing yourself physically and mentally for the Everest Base Camp trek

During the 19 Day trek to Everest Base Camp, you will be:

- guided by world-leading Western and Sherpa guides, who will see to your every need. Adventure Consultants are the guides that Sarah will be using to guide her up Everest. They will also be your guides and deal with all the details and operation of the trek. They are world class.
- joined by international Yoga teacher, Alli Warnyca of Altitude, who will lead yoga sessions that will refresh and empower you each day
- assisted by porters who will take care of carrying your equipment – you

only need to carry a day pack each day. Your main challenges will be attitude and altitude!

- staying in local lodges with great food and meeting the local Sherpa and Nepalese people. Getting a personal taste of their culture, language and beliefs.
- experiencing the stunning beauty and magic of the Himalayas, the highest mountains on the planet.

We not only **get** an amazing journey, we also **give** to those most in need. Through this extraordinary journey, you will not only get to transform your own life, you will transform someone else's life. Built into the package is support for the Nepalese "revitalize a village" program being run by the dZi Foundation. The process in these villages in Eastern Nepal mirrors our own – a journey of empowerment through learning and active participation. We will have a unique opportunity to meet those running the program while we are in Kathmandu.



### **The Investment:**

The investment is US\$5500.

This price is ex-Kathmandu, so it does not include your flights to Kathmandu. You should take out your own travel insurance and ensure that it includes cancellation insurance to cover you if for any reason you cannot go ahead with the trek.

### **Dates: 29 March – 16 April 2011**

You will need to arrange to arrive in Kathmandu by Tuesday 29 March 2011. The trek completes in Kathmandu on Saturday 16 April. We work with travel agents who are very experienced with international arrangements in and out of Nepal and can pass on their details for you to work with (including the ability to change dates which is not always the case with internet bookings).

The details on how payments can be made and any non-refundable deposits can be discussed in person.

### Here is a detailed programme of what you will receive:

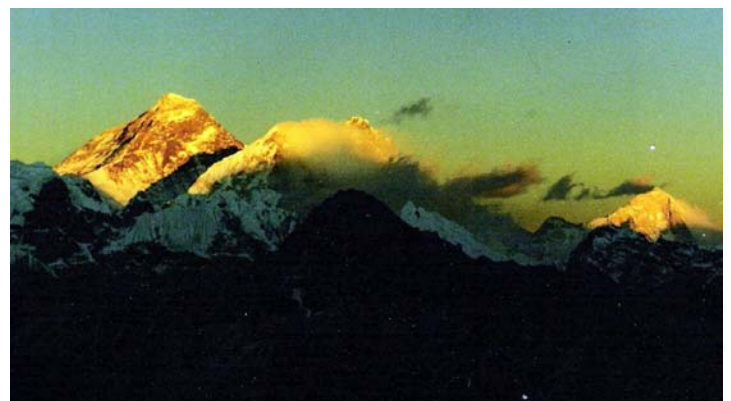
- ✓ 5 Coaching Sessions (Between when you sign up and 1 April 2011) with Sarah Wilson, Adventure Coach. These sessions will give you the chance to create your own “Everest Goal” and be coached towards its fulfillment.
- ✓ 1 Coaching Session (after the trek in June 2011 when Sarah returns from Everest)
- ✓ 3 Teleconference Calls with the team to talk through logistics as well as share the journey and get to meet your fellow travellers prior to being in Nepal.
- ✓ Mind Tools – including immediate access to the ‘Adventure Heroes Series’ and Sarah will be developing and sharing tools for her Everest climb that you will get access to.
- ✓ Work Books – including the ‘Critical Moments’ ebook and workbook
- ✓ Action Plans – your own personalized preparation and life adventure plan
- ✓ Yoga set-up discussion with Alli Warnyca from Altitude Yoga (optional)
- ✓ Yoga DVD
- ✓ Daily Yoga session on Trek (optional, beginner or advanced is OK)
- ✓ DZI Foundation support for their “revitalize a village” programme – likely to include support for a Nepalese child’s education for a year.

### Next steps:

If this sounds like a challenge that excites and inspires you then your next step is to [email Sarah Wilson](mailto:sarah@adventurecoaching.co.nz) and set up a time to talk to her by phone or Skype. She will ‘interview’ you for the team, and you will have the chance to talk through any questions you have. Sarah’s email is [sarah@adventurecoaching.co.nz](mailto:sarah@adventurecoaching.co.nz)

We look forward to inspiring you and many others.

Sarah Wilson  
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*Sunset on Everest (photo: Sarah Wilson)*