



edition WaveWHY Vision Quest
September 17, 2022



Vision Quest

Our Vision Quest is an experiential outdoor program for future leaders who want to become familiar with the dynamics of change and how to position yourself into it.

As future leaders, we need:

- a strong vision as our guide
- a soft-skill-set to guide with personal style
- an empathic connection with the people we work with
- authenticity and self confidence
- silent time to reflect and rethink

With our 1-week, immersive journey, we will bring you to back to your 'silent why' and make you reflect on it in order to finally lead both your private and professional life with purpose.

Only when you really know yourself, then you can lead yourself and others!

The objective of the program is to help to discover your true purpose, to remove the blockages that prevent you from achieving your goals and to unlock your hidden potential.

As a participant, you will:

- ✓ Craft an inspiring vision and skills to trigger others to act.
- ✓ Develop habits to increase self-awareness and confidence.
- ✓ Create an open mind and empathic understanding for divergent perspectives.
- ✓ Align with your purpose to lead with meaning and authenticity.
- ✓ Learn to foster an inclusive and innovative team culture.
- ✓ Embrace systems thinking and become a leader fit for the 21st century

This WaveWHY edition of the Vision Quest will take off at **September 17, 2022**

ANGLE OF APPROACH

CENTRE

In order to create a better future, we must first know our past. We must understand what has shaped us, what triggers us and what we dream about. Once we embrace our story, we can place it in the bigger picture of the world and rewrite our narrative.

- ✓ Self-awareness as a tool for great leadership
- ✓ Understanding your passion and purpose
- ✓ Building resilience and mental well-being
- ✓ Reactive mindsets: what are they and how can we work with them?
- ✓ Understand your fears and find the courage to challenge them

CONNECT

No leader can single-handedly change the world. To achieve your goals, you will need to build a strong community to enrich your perspective and tap into your full creative potential. Connected and committed teams can better harness the ability to make real change

- ✓ Building trust and psychological safety in your teams
- ✓ Mastering deep listening and radical empathy
- ✓ Embracing diversity and polarities
- ✓ Creating inclusive cultures that enhance creativity
- ✓ Leading in complexity
- ✓ Learning to coach others

HOW WILL YOU LEARN

EXPERIENTIAL

- ◆ Interactive, applied learning experiences that build muscle memory using new ways of exploring systems and challenges.
- ◆ Memorable and engaging experiences not just for the mind but also the body.
- ◆ Flexible and dynamic learning journeys that draw from multiple disciplines.

PEER-TO-PEER

- ◆ Draw from the diverse backgrounds of your classmates to generate new perspectives and increase self-awareness of your own biases and blind spots.
- ◆ Gather valuable feedback on your leadership style from your experienced classmates.
- ◆ Integrate the thought of togetherness as an essential part of leadership

PERSONALISED

- ◆ Set your own goals based on what you want to get out of the program.
- ◆ Together with your leadership coach, design a tailored approach to tackle your specific needs and optimize your growth (if you choose leadership coaching).
- ◆ Explore, develop and nurture new practices leveraging your peers and SilentWHY as your support system.

We use nature as your guide. It helps you to disconnect your analytical mind and to activate your creative brain.

We use physical activities to engage your body. Triggering your heartbeat and sharpening your senses.

We use mental exercises to connect with your inner source as well as with your environment.

WEEK PROGRAM

Saturday 17/09/2022	Sunday 18/09/2022	Monday 19/09/2022	Tuesday 20/09/2022	Wednesday 21/09/2022	Thursday 22/09/2022	Friday 23/09/2022	Saturday 24/09/2022
DOWNLOADING	FUTURE VISION	EXPLORE	OPEN UP & CONNECT	FIND YOUR WHY	CONNECTING DOTS	UPLOADING	RELAX
<p>You will be warmly welcomed with a mindful welcome package, inclusive something to read and to write..</p> <p>You easily touch down and settle on the beach or in the dunes, to read, to write or just to sense the world around you.</p> <p>And get disconnect from your daily life.</p>	<p>By focussing on your past, your present and your perceived future, you will discover who you are or want to be.</p> <p>You will share your stories with your peers and together you develop understanding for each other's perspective and create a common vision and values</p>	<p>Time for activating the body but we will stay in your comfort zone, we go out hiking.</p> <p>Along the way you will form a more complete understanding of your context and of the peers you are traveling with.</p> <p>There will be a photo safari and empathic interviews.</p>	<p>In order to excel, one has to play with energy and flow. Today, a bit more out of your comfort zone, we will use the waves of the sea as our metaphor and go out surfing.</p> <p>It will all about: listening to understand, seeing, feeling & sensing to reflect and trusting to connect.</p>	<p>At this third day of activity we go out hiking. But not just an ordinary hike. Since today is silence day, you will remember this day for the rest of your life.</p> <p>We use silence to listen to yourself.</p> <p>In the evening when we are together at the campfire you might share your stories of the day.</p>	<p>Today the focus will be at your journal. You will analyse your process of the week, what has changed, what felt good or not. And discover if there is already a routine you like to continue with once your back to 'normal' life.</p> <p>We use storytelling to capture your insights and facilitate you with some appropriate techniques.</p>	<p>It's time to reconnect your new present with your emerging future.</p> <p>Today funny and energising team exercises will help you to build on your personal 1-10-100 plan.</p> <p>At the final check-out you will relive your magical moments of this week.</p>	<p>Now it's time to relax. No official program for today.</p> <p>You are free to get ready to travel home or stay with us for another day to enjoy the phenomenal environment of our camp.</p>

We will start every day with meditation or yoga and a check-in by reviewing your journal.

We will end every day with a check-out by writing your journal and reflecting the day.

Breakfast and lunch will be served but we take care of dinner together.

OTHER DETAILS

WHO IS THIS FOR

This program is designed for future leaders ready to make the next step in his/her life on a professional or personal level.

- ◆ Who is willing to open up, discover and share.
- ◆ Who is seeking a challenging and immersive learning experience.
- ◆ Who is willing to join a global, diverse community of like-spirited individuals.

There is no specific fitness level experience required.

For more information about or registration for this WaveWHY Vision Quest, contact:

Benjo van den Boogaard: +31 (0)645 640 770, benjo@studiowhy.com
Jens Emrich von Kajdacsy: +49 (0)160 9034 1290, jens@jensemrich.de

ONBOARDING & RECAP

There will be an onboarding session for each of you. Those sessions are focussed on helping you to identify your personal objective for the Vision Quest.

About one month after the WaveWHY Vision Quest, we will all meet together (online) to reflect how you have integrated the insights you have gained into your lives and to help overcome any challenges you may encounter.

INVESTMENT

The investment for this program is **€ 2.775,= (excl. VAT).**

- ◆ Inclusive your stay at our beach club house,
- ◆ Inclusive breakfast, lunch, diner and beverage.

We now offer a **late bird discount of 20%**, which makes your investment **€ 2.220,= (excl. VAT)**

PAYMENT TERMS

100% before September 1, 2022

LOCATION

You will be our guest at the beach clubhouse:

Les Chardons Bleus
283 route Plage Sud
40560 Saint Girons Plage, FRANCE

The natural area of the beach clubhouse offers everything you need to help you gain new insights, new perspectives through silence, space and views.



YOUR GUIDES

JENS EMRICH VON KAJDACSY



Jens is systemic business coach for teams & leadership, organisation developer, and innovation facilitator, mountain hiking guide and surf dude.

“I believe only when we can raise the highest potentials for every individual in our teams something magical can arise. My passion is to lift teams to their next level, that’s why I focus on the people to let them experience visibility and success in their own context and perspective. From the sea to the highest peak of the mountains, we can experience so much to integrate into our lives. I am convinced nature is the best leader.

So, let us learn from our origins!”

BENJO VAN DEN BOOGAARD



Benjo is founder of the innovation agency STUDIO.WHY international, serial startup entrepreneur since 1999, innovation & entrepreneurship coach since 2008, triathlete and ultrarunner.

“I use nature as my guide. Nature is massive and an endless source of intuition. It helps to disconnect your analytical mind and to activate your creative brain. In our programs I use physical activities to engage your body, to trigger your heartbeat and to sharpen your senses. At the same time I use mental exercises to connect with your inner source as well as with your environment.

Let’s find your way, or create one!”

