



### **About**

The Uphill Way is a personal and leadership development program that utilizes the mountains as a setting for taking on challenges and exploring one's comfort zones. Participants will have the opportunity to practice leadership skills in a practical and hands-on manner, with safety being ensured through the involvement of professional mountain guides who will also provide instruction.

### **Day 0**

TBD: Travel and Transfers

20:00: Welcome Dinner

20:00 - 21:30: Discussion Session (Topic: The Groups Expectations)

### **Day 1**

7:00 - 8:00: Breakfast

8:00 - 8:30: Day and Route Planning Exercise

9:00 - 16:00: Active Leadership, Practice Session #1

16:00 - 17:00: Debriefing Exercise

19:00 - 20:00: Dinner

20:00 - 21:30: Discussion Session (Topic: Introduction to Leadership)

### **Day 2**

7:00 - 8:00: Breakfast

8:00 - 8:30: Day and Route Planning Exercise

9:00 - 16:00: Active Leadership, Practice Session #1

16:00 - 17:00: Debriefing Exercise

19:00 - 20:00: Dinner

20:00 - 21:30: Discussion Session (Topic: Communication and Teamwork in Leadership)

### **Day 3**

7:00 - 8:00: Breakfast

8:00 - 8:30: Day and Route Planning Exercise

9:00 - 16:00: Active Leadership, Practice Session #1

16:00 - 17:00: Debriefing Exercise

19:00 - 20:00: Dinner

20:00 - 21:30: Discussion Session (Topic: Emotional Intelligence and Conflict Resolution in Leadership)

### **Day 4**

7:00 - 8:00: Breakfast

8:00 - 8:30: Day and Route Planning Exercise

9:00 - 12:00 Active Leadership, Practice Session #1

12:00 - TBD: Transfer and Travel

Note: These are rough timings and can be adjusted as per the specific requirements of the event. The discussion topics can also be changed based on the participants' needs and interests. Snacks and meals will be incorporated into the daily schedule.