

Inspiring Life

Inspiring Life One Week Programme

"Nobody grows old living a number of years, people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, distrust, fear and despair . . . these are the long, long years that bow the head and turn the growing spirit back to dust. Whether seventy or sixteen, there is in every being's heart the love of wonder, the sweet amazement of the stars and star-like things and thoughts, the undaunted challenge of events, the unfailing child-like appetite for what is next, and the joy and game of life."

Unknown author, quoted by Joe Simpson, Mountaineer, in 'The Beckoning Silence' (2003)

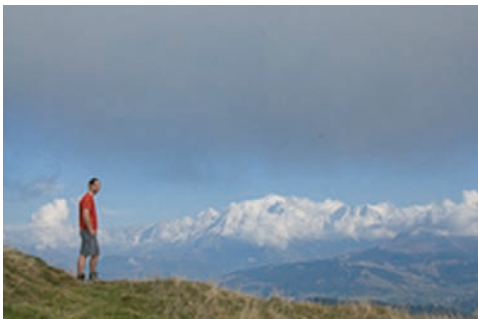


Each of our programmes is unique. Inspiring Life runs adventure based life coaching programmes in the French Alps that encourage you to truly listen to your head, heart and soul. Beautiful wilderness locations, great people and a team of experienced life coaches help you think, feel and re-energise. Our combination of adventure, reflection, people and fun can create a great space to inspire your life. All our programmes are built around the three themes of:

ADVENTURE - Working in nature and wilderness locations, and seeing life as an adventure; the spirit of adventure involves challenge, exploration, discovery, excitement and enjoyment.

LEARNING - Learning and growing as a person, seeing life as an ongoing journey of discovery about yourself, who you are and who you are capable of becoming.

COMMUNITY - Living, being and doing not just as an individual but as part of a team and a community; learning about the other amazing people and the world around you.



"I've had the most wonderful life changing experience."

"Truly life changing, enhancing and inspiring. Now I go forward to do the same. Thank you."

"I gained more personal insight that week than any other week of my life to date."

"A truly FULL week of laughter, mountains, walking and the occasional tear! Brilliant week and perfect springboard to my next journey."

"An adventure in reflection, community and awareness in a breathtaking location which will continue to provide a stimulus for thought and action for many years."

Who Is This Programme For?

The programme is designed for people who need some time out, who need time to think, or feel, or simply to reconnect to who they really are and what makes them feel alive. The groups are made up of a diverse mix of people who are typically open minded and open hearted, who are ready to be part of a community for a week, to learn about themselves and the people around them, and to have some adventures.

"Most people treat their lives like the rough draft of a book they are writing, thinking they will always have time to produce a better copy. But you get no chance to rewrite your life.

Mountains give you the opportunity to understand this truth."

Alexander Odintsov, Mountaineer, in Alpinist magazine, Spring 2007

What Does This Programme Involve?

The 7 day programme involves a mix of:

- A telephone conversation and advice before attending from an ex participant
- Daily half day treks in spectacular alpine scenery in mixed ability groups
- Group and individual activities, including ideas and tools from a range of coaching and mind-body disciplines to help you increase the authenticity, energy and balance in your life
- Ongoing life and executive coaching from a team of 3 highly experienced coaches
- Time to think, reflect about you, your life and the world around you
- Being part of a close knit supportive team, and community, of 14 participants and coaches for the week
- An additional coaching session by telephone post programme with one of your coaches

The programme is designed to offer a group experience but one that is also based around your individual needs. We are very adaptable in how we work and will endeavour to ensure that you get the experience that you need.



Where Is It?

Our programmes are based in a beautiful high mountain chalet in Haute Savoie, in the French Alps at an altitude of 1300m looking out over Mont Blanc. The location is remote and breathtaking. It is not a hotel but a mountain chalet that was built in 1849 and has been lovingly cared for by the same family ever since. The three storey building, with its warm welcoming atmosphere, offers a simple comfortable home for our groups. It has electric power, two showers, and a total of five bedrooms. Water comes straight off the mountains. It is a special place and perfect for our programmes. There will be someone taking care of logistics and cooking, but everyone will be expected to help out and be of service to the group where necessary. Food will be a healthy, nutritious and balanced diet. The week will be alcohol free.

"The ingredients you have brought with you and the team you have assembled is truly inspiring. Living a life inspired. Thanks"

"It seems such a small word to say given everything you have done for me this week but thank you from the bottom of my heart."

"It has been a road less travelled, but wow what an indelible path it has laid. In summary, Inspiring Life has been more fulfilling in one week than life has been in 20 years!"



COST - £1395 Shared room

£1495 Single room

plus VAT where applicable

(cost excluding flight to Geneva)

2009 Dates

Sat 6 Jun - Fri 12 Jun

Sat 3 Oct - Fri 9 Oct

Further information online at

www.inspiringlife.eu

Or email us at

info@inspiringlife.eu