



# Inspiring Life

## Inspiring Life Weekend 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.



"The programme has also given me the opportunity to reflect deeply on what drives me, what I feel my contribution to the world can be and to remind me of the importance of human relationships in everything we do."

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

"A refresher like this every few years would be a wonderful way to refresh mind and body."

"I cannot imagine anyone who would not benefit from this."

"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?

This programme will give you three days of intensive individual coaching completely focused on you. In the current climate of global change and uncertainty, it is not easy to find the space to recharge, reflect and think ahead. This unique mix of alpine retreat, individual coaching and group experience will give you that. It could be one of the best investments you have ever made in yourself.

"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?

This 4 day programme involves a mix of:

- Daily personal coaching for you as an individual on whatever is important or present for you, professionally or personally
- Half day treks on the second and third day in spectacular alpine scenery in mixed ability groups
- Evening group discussions and group coaching
- Ongoing impromptu coaching, feedback and support throughout the the programme from your coaches
- Time to think, reflect about you, your life and the world around you, in a beautiful alpine location
- Being part of a close knit supportive team, and community, of 11 participants and coaches for 4 days
- 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."

"We owe it to ourselves to live the best life we can. Your programme filled up my metaphorical and emotional fuel tank.. Now it's time to get back out there and remind others how to fly. Thank you."



**COST** – £535 Shared room

£595 Single room

plus VAT where applicable

(cost excluding flight to Geneva)

**2009 Dates**

Fri 8 May – Mon 11 May

Fri 4 Sep – Mon 7 Sep

**Further information online at**

[www.inspiringlife.eu](http://www.inspiringlife.eu)

**Or email us at**

[info@inspiringlife.eu](mailto:info@inspiringlife.eu)