
MIND SHIFT IMPACT

Experiential Strategy Program

Spring 2020 Transformational Change Program: **EVEREST BASE CAMP**



“There is more in us than we know”

Are you where you want to be in life, personally and/or professionally? Even if the answer is a hesitant yes, I invite you to enroll in this transformational change program to MIND your choices, SHIFT your thinking, IMPACT your world and embrace the opportunity to re-discover your true potential. Celebrated Educator [Kurt Hahn](#), father of experiential learning, believed "there is more in us than we know" and I agree with him. This world needs us to live our lives to the fullest such that we show each other new possibilities, new ways of not only thinking and doing things, but also of being; thus enhancing the collective human experience we call reality. The Mind Shift Impact transformational change program is tailor made for participants to explore new personal and professional possibilities. As part of this program participants will challenge themselves to transition from self-imposed physical, emotional and intellectual boundaries and limitations to more dynamic ways of thinking and being

Program

Transformational Change during a Mind Shift Impact program happens in three experiential phases. Each phase builds upon the other with the help of Systems Dynamics, Futures Thinking and The Outdoors. In the end, the program allows you to connect the dots and choose wisely among alternative futures that unfold throughout the process. The Everest Base Camp program is designed as a 3-day Discovery phase, followed by a 15-day Outdoor Challenge and a final 3-day Action phase. Overall it is a 21 day program spread out in three to six months.



MIND



SHIFT



IMPACT

MIND your choices: Discovery Phase. Unleash those amazing leadership, resourcefulness, respect, teamwork and compassion soft skills locked inside you. Let me show you how to tap into these innate human traits and raise your self-awareness to reconnect with others, with your surroundings and with yourself. During this phase we will conduct a full Discovery Session on *soft core skills* and develop a frame of reference for your transformational change program.

SHIFT your thinking: Outdoor Challenge Phase - Kathmandu, Nepal. Mental models frame our decision-making operating system. Let me help you transition from our everyday linear thinking to a more dynamic circular way of thinking which will amplify your long term vision and influence you in taking wiser decisions. We will use the Everest Base Camp trek as an outdoor lab where we will experience situations that will sharpen our *hard core skills* for better decision making purposes.

IMPACT your world: Action Phase. Action defines us, but it is important to understand there is not one future, but rather alternative futures to choose from. Let me share with you how to define a personal cone of possibilities, overcome fear and find the courage to reach your *preferred future*. I will work with you on crafting, communicating and delivering a powerful and effective personal action-call to the world.

"My experience with Mind Shift Impact was one of those which mark your life and add a piece to your wholeness."

"I reached out to Eduardo through a dear friend and mentor and immediately felt drawn to his philosophical but practical way of approaching human relationships, conservation and unorthodox thinking. Mind Shift Impact helped to open my mind through deep understanding of myself, purpose and direction I should take."

"Mind Shift Impact does not 'do it for you', Mind Shift Impact helps you find you"

Expedition Itinerary

Day 1: Depart US to Kathmandu via Hong Kong.

Day 2: Late arrival (10:25 pm) in Kathmandu and hotel transfer. Yak and Yeti Hotel

Day 3: Sleep in, breakfast at hotel, cultural tour of old Kathmandu. Team meeting. Final prep for trek. Yak and Yeti Hotel.



Day 4: We fly from Kathmandu to Lukla (2800 m.) Begin trek to base camp. We will stay in the village of Phakding (2610 m.) Each night we will stay in local “teahouses” in villages along the trail.

Day 5: As we climb we have our first views of Everest (8848 m) and Nuptse. We arrive at Namche Bazaar (3440 m) for the night. Khumbu Resort Teahouse



Day 6: We stay in Namche for a second night, and do a day trek to Khunde (3840 m) to visit the Sir Edmund Hillary Hospital.

Day 7: We continue our trek to base camp. We will stop at the Tengboche Monastery where Sir Edmund Hillary and Tensing Norgay received their blessings before summiting Everest for the first time in 1953. Finish in Pangboche (3930 m.) The word boche/buche means pasture. Highland Sherpa Resort

Day 8: Above Pangboche, the route enters alpine meadows. We are now above the tree line! Continue on to the summer village of Pheriche (4240 m) for the night. There is a memorial in Pheriche for all those who have died on Everest. Himalayan Hotel

Day 9: We will spend an important second night in Pheriche to acclimatize. Day hike to Dingboche (4410 m) for lunch.

Day 10: Above Pheriche we enter the alpine. At the top of a steep ridge there are many memorials for those who have died on Everest. We will travel to, and stay in, Lobuche (4910 m) for the night. Mother Earth Hotel

Day 11: Travel to the village of Gorak Shep (5125 m.) After lunch, we will make the trip to Everest Base Camp (5364 m) and back. Some expeditions will have set up camps on the Khumbu Glacier. Buddha Lodge and Restaurant





Day 12: Today we climb to the highest point of our trip, Kala Patthar at 5540m! All around us flow huge glaciers. The mountains of Pumori (7145m) and Khumbutse (6623 m) separate us from Tibet. But the Queen of them all - Chomolungma (Everest) - towers over everyone. This is the Roof of the World. We will descend to Pheriche (4,240m) to sleep after having lunch in Gorak Shep.

Day 13: We will helicopter down from Pheriche straight to Katmandu and spend the afternoon and evening there. Late night departure (11:30pm) for Hong Kong.

Day 14: Long haul from Hong Kong back to US.



*“Dust if you must, but there is not much time.
With rivers to swim and mountains to climb.
Music to hear and books to read
Friends to cherish and life to lead.*

*Dust if you must, but the world is out there
With the sun in your eyes and the wind in your hair
A flutter of snow, a shower of rain
This day will not come around again.”*

Rose Gilligan

Details

EXPEDITIONARY LEADER: [Eduardo Balarezo](#)

PROGRAM COST: USD \$ TBC

PROGRAM COST INCLUDES

All client meetings, workshops, expedition and work performed remotely. It covers normal telephone, faxing, copying, local travel and other typical out-of-pocket expenses. Any long-distance travel or unusual out-of-pocket expenses will be clearly identified and billed separately.

EVEREST BASE CAMP (EBC) OUTDOOR OPERATOR: TBC

EBC COST INCLUDES

- Internal flights and internal transportation costs
- All activity /trekking and park fees
- Accommodation – teahouses on trek and hotel in Kathmandu
- Food on trek, breakfast and dinners in Kathmandu
- Outward Bound Canada guides
- Nepalese guide and porters/yaks on trek
- Airport departure taxes

EBC DOES NOT INCLUDE

- Flight to and from Kathmandu
- Travel and Medical Insurance
- Vaccinations & Medications
- Tourist visa upon arrival
- Lunches in Kathmandu
- Souvenirs
- Bottled water on trek and in Kathmandu
- Incidental costs, snacks, pop, etc.
- Alcoholic beverages

PAYMENT SCHEDULE

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|----------------------|-------------------|--------|
| Deposit | Upon registration | \$ TBC |
| First Payment | TBC | \$ TBC |
| Final Payment | TBC | \$ TBC |

CANCELATION POLICY

Please note that in the event of cancellation you will be required to pay:

120 days before departure date.....\$TBC
90 days before departure date.....50% of total cost.
60 days before departure date.....Program is Non-refundable.

REGISTRATION

Please send email with contact info. to: eduardo@mindshiftimpact.com