

SEARCH INSIDE YOURSELF.

TREK THE AMAZING ANDES - PERU 29th Sept - 19th Oct 2016.

“ This was truly a life changing experience for me... the personal challenge, the incredible scenery and people of Peru - their optimism, innovation & resilience. ”

- JL Melbourne Executive. Oct 2013.

Trek 5
Mountain
Passes over
4000msl.

Experience an amazing 19 days on the trail of the mighty Inca.

- * 6 MONTHS OF PERSONAL COACHING AND PREPARATION.
- * EXPERT GUIDES
- * ALL ACCOMODATION/MEALS.
- * \$AU 14,960.00
- * Airfares not included.

IF YOU WANT TO PUSH YOUR PERSONAL LIMITS THIS YEAR - YOU CAN NOW MAKE IT A REALITY ...PERIPHERALVISION expertly guide you on a unique, personal learning and adventure experience - one where you will learn more than you have ever imagined: about your strengths - and - what you are truly capable of. Secure your space today...

DISCOVER

A PERSONAL CLASSROOM IN THE CLOUDS... engage in practical hands on experiences that will test your limits: mentally - physically - emotionally and beyond.



MINDFULNESS...

“The challenge for me was learning how to slow down in order to speed up - being more mindful of living the way I want to work and live.”

// Denis- PV Client.

Be immersed into the fabric of ‘Peruvian life’ - trek the classic, commercial and mostly unknown trails of the Inca.

Breathe in pure mountain air whilst you navigate steep rocky trails and the many historic Tambo ruins along this uniquely designed route for PERIPHERALVISION clients.

Search beyond your limits as you meet the many

challenges of the altitude environment - the way you live and work - defines who you are - it defines your strengths - your identity.

Your **LEADERSHIP i.d.** What character strengths do you want to be known for?

If you are ready to Search - to Know and Uncover your very best self - call us today.

+61 410 424243 Glen

SIGN ON

PREPARATION
WITH COACH.

PERU
ADVENTURE

DEBRIEF

TODAY

FEB-SEPT

SEPT/OCT

NOV



IDENTITY [I.D.]

“The science shows that when you affect somebody’s identity, when the action of their sport or their passion or their art becomes linked to their identity... you tap into all kinds of energy that can be put into practice... that can be put into building amazing skill.”

// Daniel. Coyle - Author - THE TALENT CODE.



“I’m not an adrenalin junkie but this was truly an amazing experience for me. I really appreciated the detailed physical and mental preparation process so that we could truly enjoy the most amazing mountains, Inca history and people without any altitude sickness. ”

// Peter Dalton - Group GM, Innovation ANZ Banking Group Limited.

The most **spectacular** archaeological site on the continent.

One of the most beautiful and enigmatic **ancient sites** in the world.

Have your spirit and senses ignited and ready to search, experiment and explore **new perspectives** on life and leadership.

Experience a unique blend and range of individual and team challenges as you trek many of the most authentic **Inca Trails**.



OUR FIRST GLIMPSE OF MACHU PICCHU AT SUNRISE 6.24AM OCT 2012.

Re-charge your energy and re-define your knowledge of leadership and life.

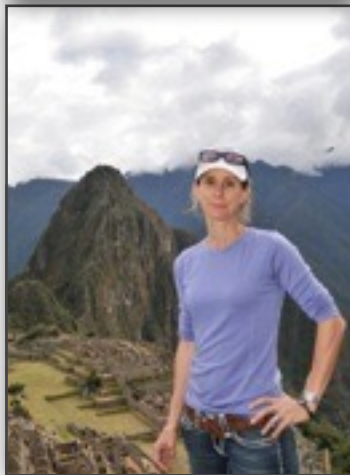
Live with the locals.

Be inspired by stories of local cultures, their history, happiness and their determination.

Experience this adventure from the moment you **Commit...** to the moment you complete.

Note // **This adventure requires deliberate preparation and does carry a level of personal risk.**

29TH SEPT - 19TH OCT 2016 ITINERARY (SUBJECT TO ADAPTATION)



Day 1	LIMA LAYOVER : From Australia we make a quick stopover in Lima overnight - a convenient and comfortable Hotel - located right at the airport. Perfect to take in our first Pisco Sour!
Day 2	ALTITUDE WAKE UP CALL - An early flight to CUSCO. We make our way to Ollantaytambo - via the beautiful Moray and Chinchero Village - a <i>tambo</i> or resting place on the Inca Royal Road. We base in our our base of OLLANTAYTAMBO - altitude of 2,792 meters above sea level to acclimatise. We also start the PERIPHERALVISION Leadership Challenge today.
Day 3	SCHOOLS IN - OLLANTAYTAMBO to PUMAMARKA – we travel along the one of the many Inca trails to a small village where the Inca escaped from the Spanish- Pumamarca and Marcacocha -for an authentic taste of the mountain lifestyle with the local school kids. You will be most impressed with their mindset, focus and work ethic. We return to Ollantaytambo for our 13 day Trek briefing.
Day 4:	THE SEARCH BEGINS - OLLANTAYTAMBO - CACHORA - CHICCISQA - We depart early in a private car for around 4 hours drive to Cachora, situated on the edge of the Apurimac canyon and surrounded by impressive snowcapped peaks. After lunch, it is a 2 hour hike to Capuliyoc (2915 metres) from where we have our first beautiful views of the Apurimac valley stretching below as well as the snow-capped peaks of Padrayoc and Wayna Cachora. Our total hiking time today is about five hours. Accommodation: Camping at Chiccisqa 1950 m - 16 km descending 1200m in altitude - Cachora to Chikisca.
Day 5:	LET'S RUIN IT - CHICCISQA - CHOQUEQUIRAO - Departing early, we descend to the magnificent Apurimac River (1550 metres/ 5084 feet) before beginning our climb to Santa Rosa and then to Maranpata where we will have lunch. The climb from the river takes about 4 hours. From our lunch spot we can see the ruins of Choquequirao, from here we have two hours more hike to the ruins. (3110 metres/ 10120 feet) We will spend the late evening in the ruins, where we will watch the sunset and maybe condor. Choquequirao campsite 3033m - 13 km ascending 1600 m in altitude.
Day 6:	ACTIVE RECOVERY - CHOQUEQUIRAO TO RIO BLANCO - We have a chance to more fully explore the ruins and have a little rest in the morning. In the afternoon we will climbing over a ridge hike to the ruins Pinchinuyoc, where we will camp the night. This is definitely the easiest day of the trek! Accommodation: Camping at Pinchinuyoc about 3000m/ or depending on the group at Rio Blanco, a further 1.5 to 2 hours descent - 10 km descending 1450 m in altitude.
Day 7:	MASTER YOUR MIND - RIO BLANCO TO MAIZAL - After 2 hours of walking, we will arrive at the canyon of the Rio Blanco (1990 metres/6527 feet) where will have a rest before starting a difficult climb that will test our mental mettle to our camp site of Maizal. The climb is 3- 4 hours. Accommodation: Camping at Maizal 3000m - 8km ascend 2000m in altitude.
Day 8:	STEP IT UP - MAIZAL TO YANAMA - We depart early (again), and walk uphill for about 3 hours through semi-jungle, to the Victoria Mines. Explore the ancient mines and Inca Ruins before climbing to the pass of Abra Victoria. (4130 metres). The newly discovered Coryhuayrachina ruins are between Yanama and Maizal and we follow well constructed Inca steps at an area that we call "Mina Victoria". The newly discovered ruins of Coryhuarachina are nearby. There are spectacular views from the pass as we descend to the charming village of Yanama. Accommodation: Camping at Yanama 4100m -12km 500m descend and ascend 600m in altitude - Mina victoria to Yanama
Day 9:	PEAK PERFORMANCE ONLY - YANAMA TO COLPAPAMPA - A day of mountain peaks. In this day we walk for seven hours, rising early to appreciate the chain of snow peaks that we can see from here. We lightly ascend to the second pass which is the highest of our trek at 4850 metres/ 15908 feet . After the pass we descend for three hours to the Valley of Totora, where will spend the night. Accommodation: Camping at Totora about 3900m or Colpampa - 18km 700 m ascend and descend 1900m in altitude - Yanama to Colpapampa
Day 10:	MAJESTIC MOUNTAIN MAGIC - COLPAPAMPA TO ICHUPATA Today's trek is mostly up, as we will climb from Totora or Colpampa, to the Salkantay pass (4650m). The changing scenery is both evident and fascinating - with different varieties of plants typical of the high jungle. Arrive at the pass after around 5-6 hours of hiking - the second highest point of the trip. (4,600 metres). We descend about 2hours to Salkantaypampa(4100m) or to Ichupata. 18km 1700m ascend, descend 500m Colpapampa to Ichupata

SEPT 29TH - 19TH OCT 2016 ITINERARY (SUBJECT TO ADAPTATION)



<p>Day 11:</p>	<p>SEARCH INSIDE YOURSELF - ICHUPATA – PAMPACAHUANA. After a cold night, we continue our hike to start the 3-4-hour steep climb towards the Incachiriasca pass (4850m/15908ft), the equal highest of the entire route, offering impressive views of the Salkantay snow peak. After a ceremony on the pass we will then descend towards our lunch spot at Sisaypampa, a flat area from which one can observe the Salkantay’s neighboring valleys (it is possible that you will see condors). After lunch we continue towards the Pampacahuana community, located next to an original Inca canal, where we set our second camp and spend the night. 14 km. Approx</p>
<p>Day 12:</p>	<p>INCA TRAIL - INNOVATION & INSIGHTS - PAMPACAHUANA – AYAPATA. The valley begins to narrow and the river becomes a canal. The Incas frequently cut canals through valleys to increase the agricultural land. We trek down the narrow, steep valley to the Inca fortress of Inkaracay (also known as Paucarcancha). A site well worth exploring and little known to the vast majority of visitors to Peru. Next, we walk down to the small village of Wayllabamba which is the point that we join the Traditional (or Classic) Inca Trail to Machu Picchu. We say goodbye to our horses and load up for the next few days hike. Later, we leave Wayllabamba behind to start our way up the Warmihuañusca mountain pass (Dead Woman’s pass) through an abrupt and steep ascent that stretches for 9 km. We only climb part way up the pass, stopping at Ayapata, where we camp and spend the night. (also known as Yuncachimpa) 12 km. Approx.</p>
<p>Day 13:</p>	<p>UP AGAIN - DOWN AGAIN - AYAPATA TO CHAQUICOCHA - We continue our trek up to the mountain pass of Abra Warmihuañusca (4200m/13776ft). Immediately after the pass, we descend into the Pacaymayo valley (3600m/11808ft), from which we then continue to climb to the second pass, the Abra Runkurakay (3970m/13022ft), stopping halfway to visit the very impressive archaeological complex Runkurakay. This site, located at 3800m/12464ft, consists of a small oval structure that is believed to have served the purpose of a watchtower. After, we descend towards Yanacocha (Black Lagoon) and enter the cloud forest to Sayacmarca (3624m/11887ft). This is a beautiful complex made up of a semicircular construction. Only 20 minutes away is Chaquicocha – 3400m (dry lake in Quechua), where we will camp.</p>
<p>Day 14:</p>	<p>THE ART OF STORYTELLING - CHAQUICOCHA TO WIÑAYWAYNA After breakfast we have an easy climb, to arrive at the third pass, the Abra de Phuyupatamarca (3700m/12136ft). Phuyupatamarca is one of the most complete and best-preserved archaeological complexes along the Inca Trail to Machupicchu, and is located on the highest point of a mountain. Curiously, Phuyupatamarca means “town over the clouds”. From here we also have impressive views of the Urubamba River valley. We descend by stone to Wiñaywayna (2650m/8692ft). At this campsite we will find a lodge with a restaurant, bar and bathrooms with hot showers. The campsite has the same name as the complex located only five minutes away from the lodge. Wiñaywayna is an impressive complex made up of an agricultural center with numerous terraces, a religious sector and an urban sector.</p>
<p>Day 15:</p>	<p>WHAT WERE THEY DOING HERE - WIÑAYWAYNA TO MACHUPICCHU – AGUAS CALIENTES - We start early from Wiñaywayna and climb to the Intipunku, - the Sun Gate. - hiking along a trail of flat stones on the edges of cliffs in highland jungle - so that we may see the sunrise over Machu Picchu. From Intipunku we descend into the once lost location of Machu Picchu - exploring the mystery and stories of the citadel. A steep climb of Huayna (Wayna)Picchu for an often unseen perspective of Machu Picchu. While we recover in the afternoon within the ancient city - we will complete some project collaboration and possibly be the last out of the gates as the sun sets over the mountains. We will gauge the energy of our group and perhaps walk down from Machu Picchu to get a feeling for the vegetation and also the audacity of its builders. Its a 1.5 hour walk back to the village of Aguas Calientes: Hotel.</p>
<p>Day 16:</p>	<p>THE ART OF RITUALS - AGUAS CALIENTES - OLLANTAYTAMBO - Train back to our village base camp of Ollantaytambo – completing some Leadership Project work on the way. An easy day physically - primarily for your recovery and experiencing a few unusual team building activities - a complete immersion experience into some authentic Inca rituals.</p>
<p>Day 17:</p>	<p>SEARCH FOR THE SUN - OLLANTAYTAMBO - CUSCO. We explore the beautiful Ollantay Inca ruins in the morning and then drive through the Sacred Valley before arriving in Cusco - We complete some project work and enjoy a local dinner.</p>
<p>Day 18:</p>	<p>TIME TO COMPLETE - CUSCO - Exploring the famous Saqsayhuaman ruins just outside of Cusco and finalising our project is the main order of the day for completion of the Leadership id Adventure and then... Sunset drinks followed by our final, memorable dinner together.</p>
<p>Days 19-21:</p>	<p>HOME - Depart the Inca city to Lima; O/N Santiago and then... onto your home destination.</p>

PERU 2016 - LEADERSHIP ^{i.d} PROGRAM MAP APR - OCT '16



JAN: *register interest*

... let us know if you are interested in joining the adventure and we will keep you in the loop and answer your specific questions.

FEB: *last chance to sign on*

... the trails are booked solid after Feb - so it is time commit and begin the core activities of phase one preparation.

APR: *PREPARATION*

... start your personal coaching program to ready your body and mind. Complete a physical assessment, and learn about character strengths, concentration and mindfulness techniques.

JUN-SEPT *PERFORMANCE*

... perhaps the most difficult phase - the hard work of structuring, living and working to your own standards and goals with help from your coach.

OCT: *ADVENTURE PROJECT*

... an 19 day leadership adventure - tackling the terrain and jungle of Peru - completing **the LEADERSHIP id Project Challenge**.

NOV: *DEBRIEF*

...the complete experience of the last few months will be unpacked in order to understand what people gained in the form of capacity and capability.

PHASE ONE: PREPARATION

The moment you commit... is the very moment we **begin to investigate where you are at - understanding what you would like to achieve** and getting to know your physical, mental, emotional and motivational strengths and limits.

We work together with you to design and plan your 12 week Commitment Map - your **PREPARATION process** in order to put you in the best place possible for successfully completing the **LEADERSHIP i.d. Project Challenge** - Peru.

The Commitment Map is constructed using the Four Elements of our High Performance Framework: **Mindset - Movement - Nutrition - Recovery**.

PHASE TWO: PERFORMANCE

This is where we really begin to **search inside and design your desired future. Who you are trying to be? What is holding you back? How can you adapt and adjust?**

We will explore techniques that increase mindfulness and personal presence. Your Performance Coach will push your boundaries and test your limits in preparation for a fearless **PERFORMANCE** experience in the Project Challenge Phase.



MACHU PICCHU- late afternoon 2013

PHASE THREE: PROJECT

Participants are issued with the **Leadership Challenge PROJECT Brief**. Together, you collaboratively research, investigate, shape, debate, edit and then deliver the desired output over the days and nights of the Adventure Challenge experience.

The process will push the limits of learning and your mental, emotional and physical boundaries. Each leader is also responsible for maintaining their own personal Innovation map throughout the **Project Challenge**, so as to heighten self-awareness and personal insights.

The **LEADERSHIP id** program is structured with Three Distinct Phases so that each participant is in a peak performance state - physically // mentally // emotionally before they hit the isolated trails of the mystical Inca - Peru.



PRACTICE MINDFULNESS & MEDITATION

DETAILS

PREPARATION TRAINING:

12-16 weeks remote physical // mental prep: A PERIPHERALVISION Performance Coach will work with you to design and structure a suitable preparation program to get you in a peak performance state for the adventure and challenges ahead. **It is important to be in good physical condition to make this - class 4-5 rated - and truly rewarding trek in the midst of the most incredible scenery in rising and falling altitudes.** In particular, it **includes specific training to help participants combat the physical demands of decision making, working and trekking whilst in a high altitude environment.**

The 12-16 week preparation will provide you with:

- _ resilience & focus
- _ strength & endurance
- _ fitness & mobility

PRICE:

All COACHING, PREPARATION and THE 19 Day Adventure - AU\$14960.00 per person

SPECIAL OFFER // AU\$13,460 if paid in full prior March 30th or you have a friend/colleague sign onto the adventure with you before March 1st 2016.

INCLUSIONS:

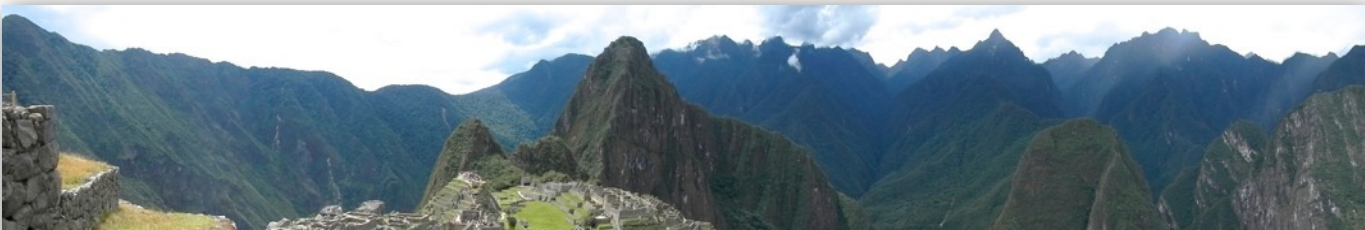
- 12-16 week mind//body Preparation
- Personal Journal
- Training Program and Support.
- All meals and snacks.
- All accommodation requirements.
- All ground transfer fees in country.
- Internet where avail.
- Experienced Local Trail Leaders.
- Trail Porters.
- Medical // Safety Equipment.
- Experienced Performance Coaches.

EXCLUSIONS:

- International/Internal flights
- Personal expenses - ph calls
- Alcoholic Beverages
- Inoculations prior to Travel in Peru
- Complete Health 'check up' with GP prior to commencement of program.
- Visa Requirements (nil for Australian passport holders)
- Personal Travel Insurance (mandatory)
- Tips/Country Entry Fees
- Altitude training/tools

TO APPLY TODAY >> PLEASE CONTACT:

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 Chief Performance Officer
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glenfisher@peripheralvision.net





REGISTRATION APPLICATION.

NAME //

MOBILE //

EMAIL //

COMPANY //

COLLEAGUE/FRIEND NAME //

TO APPLY TODAY CONTACT >>

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LEADERSHIP id // AN ORGANISATIONAL PERSPECTIVE.

ACTIVELY ENGAGE & REWARD YOUR HIGHEST PERFORMERS AND HIGH POTENTIAL TALENT //

Engagement in any organisation starts at the top. Employees look to leaders at all levels to set a tone and expectations. They know that company leadership determines whether engagement is important, or even if it matters at all.

That is why CEOs must think proactively about how to psychologically and emotionally engage their executives. this is the only way to drive and sustain engagement throughout the organisation because engagement at the top - naturally cascades down the line.



In any organisation or business, there are **Leaders // Followers // Sinkers.**

Sinkers are overwhelmed, feel over worked and are almost always experiencing a crisis or burnout.

Followers are hard workers, all too often comfortably-numb and “too

busy”... yet realise they still have untapped/unfulfilled potential.

Leaders are the movers and shakers in this continuum and deliver momentum and results. You rely on them time and time again - and - you can't afford for them to burn-out.

Now, think about the true Leaders in your business... have they not broken through this low energy performance cycle by developing and displaying their talents and capacities in

- Energy**
- Commitment**
- Mindfulness**
- Presence**
- Connection**
- Resilience.**

And... this is exactly what the **LEADERSHIP id** Challenge is built for... to help Leaders persuade Followers to move to another level - into an environment of

continuous high performance and achievement.

- Specifically** enhancing
- _ confidence
 - _ negotiation
 - _ empowerment
 - _ perspective
 - _ presence
 - _ resilience
 - _ project mgmt
 - _ focus
 - _ judgement



Unlock the door to be great.

TO CREATE more Leaders in your business - immerse them into experiences that will ignite their attention and emotions - and - arm them with the pure confidence, skills and tools to shake down each of the challenges they come face to face with. Debrief the experiences with unbridled courage and a mindset focused on learning - and then - set up their 'leadership identity' for the next challenge.

THE GOAL of any development experience should be to heighten one's capacity //commitment // engagement // presence // skill practice // retention.

The **LEADERSHIP id** Project Challenge does exactly that.

PARTICIPANTS:

_ **pay** at least half of the program fee to commit some 'skin' into the game;

_ **teach** and coach others in their organisation what they learn;

_ **work** with their leader in order to define a strategic assignment that will deliver organisational value post program;

_ **present**, into their organisation, the core leadership insights attained during their adventure experience to enhance their 'Storytelling' and Persuasive capacities.

If you would like to further the dialogue about leadership development trends, sponsoring and/or aligning the **PERIPHERALVISION LEADERSHIP id** Challenge with your business and high potential talent

>> please contact:

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EXPLORING YOUR LEADERSHIP LIMITS