

BRIGHTLIFE

INAUGURAL SAFARI

APRIL 28 – MAY 2, 2019

**Join me for a learning journey like no other
in the heart of the African bush.**

The African bush defies description. It is beautiful, elemental, paradoxical, and teeming with the energy of life. When my feet touch the soil of Africa and the air settles on my shoulders, I know that I have come home to our collective place of origin. This is a place of beginnings, of creation – a place to remember what life is all about, a place that offers clarity and renewed purpose, a place that awakens the senses and ignites creativity. Hypnotic and intoxicating, the beauty of wild Africa is unforgettable.

I am offering this unique learning experience to share my deep love of this place and the potential for insights that it generates. Join me for an adventure and rediscover your capacity to feel alive, present, and fully engaged with life as it unfolds all around you.



You are invited to enter into a dialogue with the natural world and your traveling companions. By doing so, you will:

- Observe wonderful animals in a magnificent natural setting
- Explore 8 organizing principles of nature through expert facilitation and coaching
- Learn about yourself and how you relate to others and the world around you
- Disrupt your thinking and challenge your assumptions
- Engage in conversations that matter with like-minded people
- Connect with your unique identity, sense of purpose, and what matters most to you
- Discover what the natural world can teach us about living well and with impact

We will spend four nights together in the beautiful Balule Nature Reserve in the Greater Kruger Park, South Africa. Framed by the Drakensburg mountains, the shape of our days will follow the rhythms of nature, spending sunrise and sunset on game drives in the bush. Each encounter with the wildlife will be framed by a core principle that we are exploring. Over breakfast and dinner, we'll reflect together on what we are learning about ourselves and the world around us.

More Than a Vacation

This is no ordinary safari. It is a structured transformational learning experience exploring the principles and patterns that operate in all living systems. The curriculum draws on the best of neuroscience, psychology, systems thinking, communication theory, and mindfulness. Using accelerated learning techniques, you will learn strategies and practices to enhance your effectiveness in all the spheres in which you operate: personally, professionally, socially, and politically.

Step away from your daily routine and immerse yourself in a powerful, personalized 30+ hour learning experience that includes:

- 20+ hours of experiential learning in direct contact with the African wilderness
- 8 hours of facilitated group learning
- 1:1 coaching time with Kate Warren



"A long stretch of road can teach you more about yourself than a hundred years of quiet"

Patrick Rothfuss

You can expect:

- A practical, philosophical conversation about how you can show up more fully and be more effective as a leader in your personal and professional life
- Renewed commitment and connection to your ambition and sense of direction
- Clarity about the best way for you to have impact personally and professionally
- Insights and light bulb moments evoked by your observation of the natural world
- Strategies and practices to extend, develop, and reinforce what you learn
- Increased resilience, resourcefulness, and inspiration



The Curriculum

Over the course of 8 game drives and facilitated conversations in camp, we'll explore key personal effectiveness principles rooted in NLP (the study of human excellence) and systems thinking backed by the latest neuroscience and mindfulness research. These simple, easily learned strategies are in evidence everywhere in nature, providing powerful insight for attendees. Together we'll explore four core principles:

Rapport

How to be in right relationship with ourselves and others

- Activating our Sense of Wonder
- Personal Presence and Being Present

Outcome Orientation

Knowing what we want and how best to achieve it

- Direction and Goals
- Self Leadership

Sensory Acuity

How to notice more of what is going on around us and pay attention to the right things

- Sensory Observation and Instinct
- Praxis: How Adults Learn

Flexibility

Cultivating resourcefulness in the face of complexity

- Behavioral Flexibility
- Paradox and Whole Systems Thinking

About Kate Warren

I'm a conversational changemaker who acts as an executive coach for leaders all over the world. I enjoy working with people who make things to make a difference: senior leaders who influence organizational cultures, engineers, technical experts, creatives, educators, and professionals who use their skills to positively impact society.

I founded Brightlife in 2006 hoping to improve people's experience of being at work. Since then my vision for my work has expanded to include offering experiential learning including this safari.

My current clients include senior leaders in the technology, healthcare, and finance industries including Cisco, eBay, PayPal, Juniper Networks, and HSBC.



"Kate Warren is the best person in the industry in her field. She is just exceptional."

Phil Wolfenden, Vice President Cisco Systems

Who Will Be There

All are welcome. We will be a small group of 6-10 people and we will have exclusive use of our camp. You will find this adventure particularly valuable if you work with people within organizational systems. Leaders, fellow coaches, professionals, and creatives will all find nourishment and impact on this program. Your life partner is welcome to join us as a full participant. Unfortunately we are not able to accommodate children.

To ensure we have a well balanced group, you are asked to apply to attend. You will have a 1:1 conversation with Kate Warren to establish whether this is the right experience for you and to answer your questions.

Apply by emailing ask@brightconsultancy.com or calling **+1 (805) 245-9823**.

How the Learning Works

We'll venture out in to the landscape in the safety of an open air safari jeep. You can expect intimate encounters with wildlife in a magnificent, harsh, abundant landscape. In the spring of 2018 we saw lion, leopard, elephant, hippo, giraffe, crocodile, water buffalo, zebra, kudu, jackal, waterbuck, impala, wild dogs, wart hogs and many beautiful birds, butterflies, and insects. Our expert guide and tracker will demonstrate their perception and understanding of nature, allowing us to learn about, understand and appreciate what we are experiencing. Through facilitated conversation, we'll make connections between these experiences and our personal and professional lives.



Safari

The Swahili word *safari* means *journey*

1. A trip to watch and photograph wild animals in their natural habitat
2. A journey or expedition for exploration and investigation, especially in Africa

Daily Schedule

Pre dawn:	Wake up call and coffee
Dawn:	Morning game drive including morning coffee in the wilderness
9:00–11:00am	Breakfast and morning session
11:00–2:00pm	Rest and Integration
2:00–2:45pm	Lunch
3:00–4:00pm	Drop in coaching with Kate Warren
4:00–4:30pm	Afternoon session
4:30–7:30pm	Evening game drive including sunset drinks in the wilderness
7:45pm onwards	Dinner and conversation in the boma



Our Place

Our home for this experience will be Sausage Tree Safari Camp. Nestled in the heart of 55,000 hectares of wilderness bordering the Kruger, this camp is owned and operated by good people. You can expect a warm and sincere welcome, comfortable accommodation, excellent home cooking, and a feeling of safety and peace. This is a small tented camp (only 5 tents) and your room has canvas walls so that you are close to the sounds and smells of nature, especially at night. You will be able to safely view wildlife from your private patio and your outdoor shower. Your room has a comfortable bed, a full bathroom and air conditioning. It is not camping.



The food at Sausage Tree is excellent particularly considering the remote location. Everything is prepared on site including bread and pastries.

A hot breakfast is served every morning. Lunch is a hot dish such as the South African speciality bobotie and several salads. A 3 course dinner is served in the traditional boma and is often based around the braai (barbecue). The team at Sausage Tree are flexible and meticulous about accommodating dietary requirements.

There is wifi in camp and decent phone reception on most networks. You are encouraged to keep your phone on silent in camp and to consider a digital detox.

Sausage Tree is in an area that is low risk for malaria and no vaccinations are needed, although you are advised to check with your doctor.

Sausage Tree is located 45 minutes from Hoedspruit regional airport which is well served by flights from Johannesburg or Cape Town.



The Business Case

Research by Columbia Business School demonstrates that experiential travel increases cognitive flexibility and promotes depth and integration of thought – both of which increase creativity. Clinically proven to reduce stress levels, adventure travel promotes resourcefulness, resilience, and problem solving ability.

This unique learning experience is a cost effective way to benefit from over 30 contact hours with an industry leading executive coach in a small group of like minded people. Designed and delivered using accelerated learning techniques, this impactful adventure is highly suitable for leaders who want to powerfully raise their game.

Extending Your Stay

You may wish to enjoy more of the abundance that South Africa offers. Why not travel to Cape Town and the Winelands, and perhaps drive the Garden Route? You may wish to bookend your trip by joining me in **Knysna** (at the end of the Garden Route) **May 7th – 10th**, where I will be offering another learning adventure: **Resilience, Resourcefulness, and Creative Inspiration**. Where do these qualities come from? How do we bring more of ourselves to the business of living? How do we tap in to our unique ability to make a difference and have an impact with our work? Meet me in Knysna to explore these questions with individuals living there who exemplify these personal qualities. Contact me to find out more.

Key Information

Dates: April 28th – May 2nd

Location: Sausage Tree Safari Camp

Nearest airport: Hoedspruit, South Africa

Price: \$4900 per person double occupancy/
\$5400 single occupancy

Double rooms can be set up as doubles or twins. If you are travelling on your own and would like a roommate, we will do our best to help.

You may wish to add

- Day tour to the Kruger National Park
- Massages
- Yoga
- Additional nights
- Alcohol, laundry, and tipping



What's included

- Return transfers from Hoedspruit regional airport to and from Sausage Tree Safari Camp
- 4 nights full board accommodation including all meals
- Twice daily game drives with a guide and tracker
- Daily facilitated group conversation led by Kate Warren
- Drop in coaching with Kate Warren

Your responsibilities

- Your travel arrangements including appropriate insurance (I'm happy to make recommendations for trusted providers)
- Accepting that This Is Africa (TIA) and things do not always go according to plan
- Being friendly, curious, open to adventure and warm-hearted
- Obeying the guidance and instructions of the safari team in order to create a great, safe experience for our group
- Respecting and protecting the land and animals

Booking

Email ask@brightconsultancy.com or call +1 (805) 245-9823 to apply to attend.