

A wide, shallow river flows through a landscape at sunset. The sun is low on the horizon, casting a warm orange glow across the sky and reflecting on the water. The sky is filled with scattered, light-colored clouds. In the background, a range of low mountains or hills is visible against the sunset. The foreground shows the textured, rippled surface of the riverbed and the calm water reflecting the sky. The overall scene is serene and natural.

Wilderness Leadership Trails Umfolozi



Welcome

It's with great pleasure that I send you this brochure about the Wilderness Leadership Trails; profound programs of transformation and leadership development

Why? I wish this unforgettable experience for you and your colleagues.

These programs take place in the beautiful nature reserve Umfolozi, in South-Africa, in cooperation with Ian Read and Rodney Hlatshwayo, two inspiring local guides of the Wilderness School in Durban. They are special people, who can bring us into the oneness of nature. I'll be there as a facilitator and coach for the entire program.

In this brochure, you can find more information about the trails.

If you are interested to go on trail or have questions, you can contact me at +31615014782 and esther@discoveru.nl

Warm regards,

Esther van der Ham

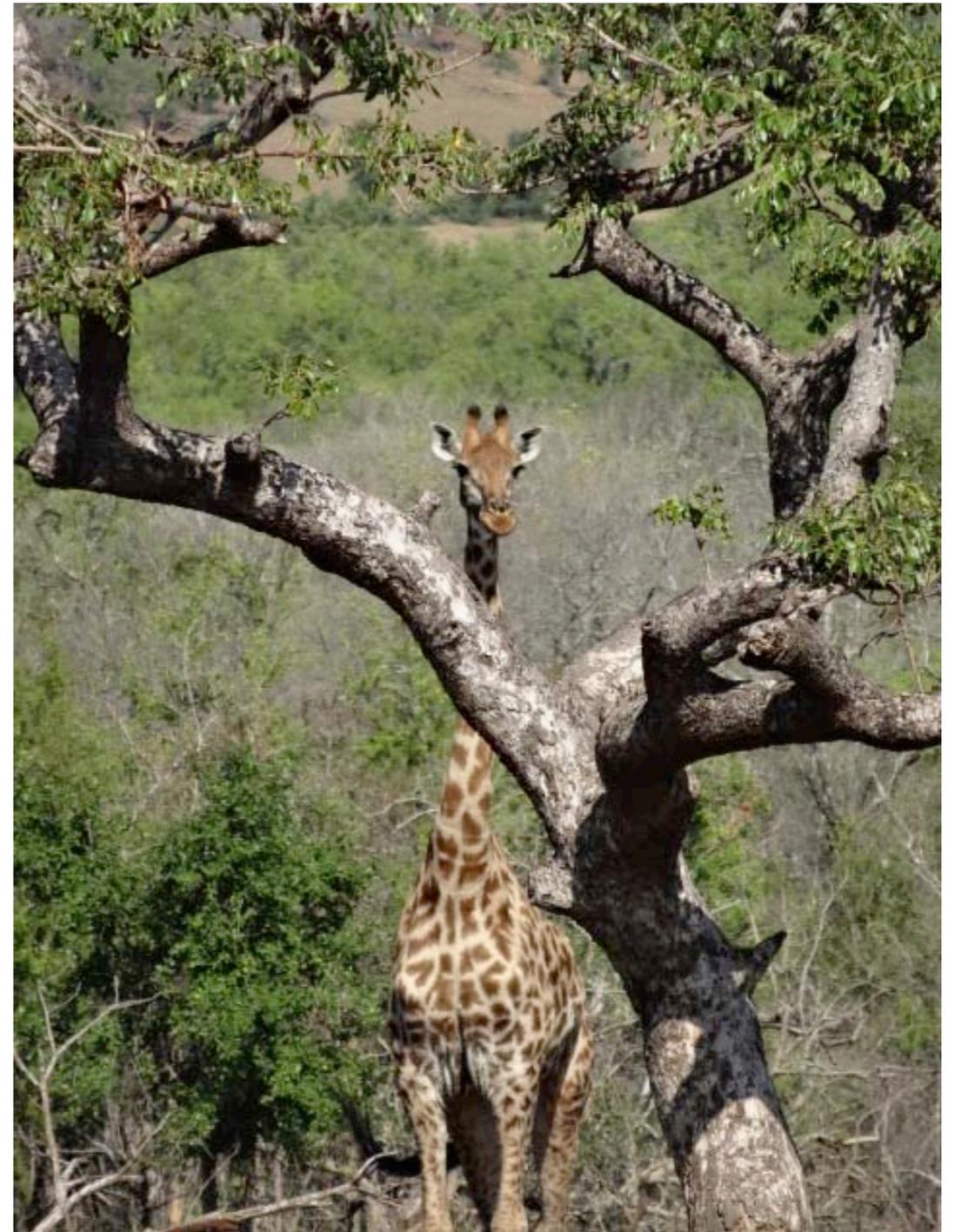
Advisor and coach in leadership development and dialogue facilitation

The program

"The trail opened my consciousness more. I experienced that I can let go of my judgement, open my heart and from there can set up a HR strategy". Nynke Doorenbos, Global Director HR, Legal and Operations Sustainalytics

The trail can be organised as an independent development journey and also as a part of a larger leadership development program. In both cases, next to a personal intake with the coach(es), the trail program consists of:

- A preparation workshop with the group, 6-8 weeks prior to the trail.
- An individual coaching session prior to the trail to make personal intentions clear
- The 10-day trail in South Africa, of which 6 days are in the Umfolozi wilderness
- An individual coaching session 4-8 weeks after the trail to let the personal lessons sink in.
- An integration workshop, 4-8 weeks after the trail to experience how we can integrate the lessons from Umfolozi into our daily lives.



The trail principles

Circumstances in South Africa's nature are fundamentally different from home. It allows you to find answers to in-depth personal questions. Taking these answers seriously will change the way you lead." Wim de Boer, Interim manager

During the trail we act on the basis of the following principles:

- Silence

When we walk during the day and during the night watch, we are silent. We only speak when it's necessary to be fully aware of what goes on outside and inside of us.

- Solitude

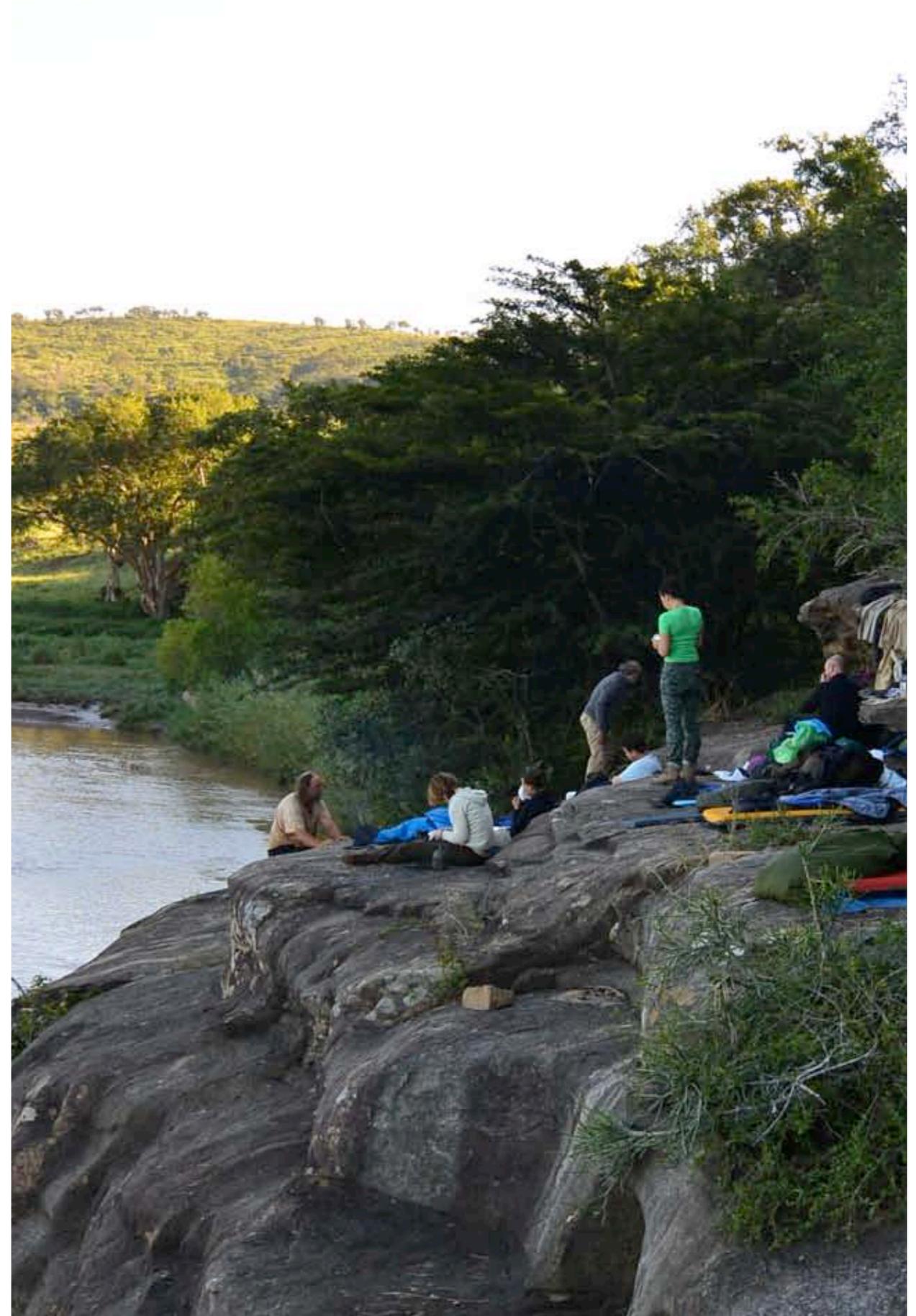
Because of the silence and the night watch, solitude is a part of the wilderness experience. For most participants, this is one of the most meaningful experiences of the trail

- Simplicity

We leave everything that reminds us of the cultivated world behind us; watches, phones, ipads and roads, running water and electricity. We only take what we can carry ourselves and what we need in terms of food and cloths. There is no program, schedule or standard that we have to meet. We go with the flow.

- Service

We respect nature and nature will reward this respect in many, unexpected ways.



- Servant leadership

We all lead by taking care of and responsibility for ourselves and the group.

- Sharing

Next to the spontaneous sharing of experiences during the day, we have one council in the evening, unless there is no need for it. In the council we speak openly and authentically. We are free to share what we want or not to share anything. We only share what we feel it is that wants to be shared. Everything that we express remains in the group (Secrecy).

- Sensing

We feel what we want to do and which way we want to go. There are no plans nor any schedules. The trail is a personal journey in which you connect with yourself and, from there, connect with others and the nature around you.



About the trail

The trails have made a lasting impression on me and helped me to go through my own transformation. I wish this happiness for everyone.” Jan Pieter van Lieshout

The nature reserve Umfolozi

Hluhluwe-Umfolozi Game Reserve, located 280 km north of Durban, is the oldest proclaimed park in Africa. It consists of 960 km² (96,000 ha) of hilly topography in central Zululand, KwaZulu-Natal, South Africa and is known for its rich wildlife and conservation efforts. The park is the only state-run park in KwaZulu-Natal where all the Big Five Game occur. Due to conservation efforts, the park now has the largest population of white rhino in the world.

The trail

After flying to Durban we are welcomed at the airport by Ian and Rodney where we hand over our valuables and drive to the Umfolozi park. The first night we stay in a lodge to get acquainted to the wilderness. The next morning we leave the lodge and walk the following six days through the wilderness, sleeping around the campfire in the “million star hotel”.

Throughout the night we do our night watch in turns to keep the fire burning and watch out for wild animals. The last night in Umfolozi, we sleep in the lodge again after which we drive back to Durban, where we stay one more day to prepare ourselves to go back home.



The participants

“During the trail we give ourselves the opportunity to deeply experience our connection with nature, with each other and with nature inside of us; with who we are in essence. Here, we find the answers we’ve been looking for.” Esther van der Ham

The participants in the trails have different backgrounds and leadership experience. What they have in common is:

- A more than average intention to realise a new paradigm for leadership.
- The willingness to work for the “good for all”
- Sincere openness for a profound learning experience
- That they already started a conscious, spiritual journey
- Being prepared to be open and vulnerable and to share





Esther van der Ham

Esther is advisor and coach in leadership development and dialogue facilitator. In her programs, connection, synchronicity and quality of attention are central themes. Umfolozi is the perfect place to experience all of that. She will be the facilitator of the group before, during and after the trail.

Rodney Hlatshwayo. Rodney is a highly valued and enthusiastic guide, who skillfully and with great sense of humor contributes to our special journey and makes us aware of the beauty of his country, the nature and his culture.



Ian Read is one of the most highly respected guides for the Umfolozi reserve. It's his second home, "Sacred Space". He teaches us to be one with nature and to connect with the nature and the secret space inside of ourselves.



Jan Pieter van Lieshout is, next to being a Dance Master, advisor and coach. He guides individuals and teams in his own authentic and creative way in profound processes of transformation. Jan Pieter is Esther's colleague and will guide trails with bigger groups together with her.



Organisation and prices

The trail can be organised as an independent development journey as well as a part of an extended leadership development program.

The maximum group size in Umfolozi is 8 people, including the coach. For bigger groups, trails can be organised in different locations with multiple coaches and guides.

The prize of a trail depends on the number of participants and the set-up of the program.





DiscoverU is an organisation for innovative leadership development. Both in The Netherlands and abroad, we guide leaders and leaders of the future to become aware of their full potential and to apply this authentically in their daily lives to create sustainable value both for themselves and others.

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