



Rock and Sun

Executive Development Course: Snapshot



Come to the edge.
We might fall.
Come to the edge.
It's too high!
And they came,
and we pushed
and they flew
(Christopher Logue)

Location and accommodation



VALL DE LAGAURT

A rugged and beautiful valley on the Costa Blanca Spain. Surrounded by mountains and deep gorges, it's a place where time has almost stood still. Ideal for exploring, challenging and experiencing, yet with easy, frequent flight access from most UK airports to nearby Alicante and Valencia.



HOTEL ALAHUAR

Situated 550m above sea-level just outside the rural village of Benimaurell. With views of the sea and surrounded by magnificent mountain scenery, the hotel offers a comfortable, relaxing environment, excellent local cuisine and all rooms have individual features with panoramic views.



Course structure



- ✦ We believe in the power of development by **doing**, **overcoming** and **achieving** both mentally and physically
- ✦ Designed for groups of between 8 and 12 people
- ✦ Three days of activities (not counting travel time)
- ✦ Purposely short and sharp to focus energy on the challenges set without tiredness setting in
- ✦ Each day involves being outdoors completing various tasks
- ✦ Content includes problem solving, navigation and fact finding exercises, as well as physical activities such as abseiling and ascending climbing ladders
- ✦ All the events are designed so that anyone who is of average fitness will be able to take part



Summary



- ✦ Our package includes accommodation, all meals, course instructor and team leaders, all safety equipment and props, bespoke printed support materials personalised to your company, record photography and, or video

- ✦ A course that leaves participants with:
 - ⊗ A heightened perception of what they can achieve
 - ⊗ A control of fear
 - ⊗ An understanding of how to be a key team member
 - ⊗ An understanding of how to be a team leader
 - ⊗ An understanding of the best use of human and material resources
 - ⊗ Developed mental skills to deal with stress and all manner of challenges
 - ⊗ A sense of being reinvigorated for the future

- ✦ **Ultimately**, an initiative that enables individuals to be more effective personally and professionally having had a first hand experience in a truly inspiring location

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