



**OUTWARD BOUND
HONG KONG PROFESSIONAL™**

Women in Leadership Programme

27th– 29th March 2019

“In the future, there will be no female leaders. There will just be leaders.”

Sheryl Sandberg, “Lean In: Women, Work and the Will to Lead.”



We are proposing a unique programme for professional women currently in management positions and those aspiring in leadership. The programme will focus on four key components:

Building Confidence: We provided challenging situations which encouraged participants to overcome self-imposed limitations, to grow their personal capacity and develop a belief in one's capabilities to manage future challenging situation.

"I didn't make it past the ladder (high ropes challenge) but I knew it was good enough to have tried and to have experienced it. This made me feel confident, comfortable without the need to prove myself."

- Participant

Connectivity: We aimed to provide and an opportunity to network and develop platform of peer support through mutual encouragement and a meaningful shared experience.

"The best part I treasure is the sharing of each of the participants. They have various perspectives on women in the workplace and all sorts of stories!"

- Participant

Goals and Aspirations: "What do I want to achieve and how do I get there?" This is framed metaphorically through a hiking expedition with a peak ascent and a short reflective 'Solo' experience. This was accompanied by career mapping and a practical action plan to apply learning and steps to achieve these goals.

"One of the greatest challenges for myself is I could not set a goal and go forward. I think it's a process to explore and discover what your own goal is but don't settle, keep trying and searching."

- Participant

Having a Voice: Participants engaged in group discussions, debates, presentations and journaling. We use a structured and progressive approach centered around sensible self-disclosure, strength-based feedback and appreciation.

"I am most proud of my ability to speak and share and this made me feel good, because I know what I am saying is not stupid and there is depth and insight in my thoughts."

- Participant

Important Dates

- Application Deadline: 22nd February 2019 (Friday) by 5pm
- Submission of “Medical Enrolment Form”: 15th March 2019 (Friday)
- Course Date: 27th March – 29th March 2019 (Wednesday – Friday)
- Duration: 9am(1st day) – 4pm(3rd day)

Course Fee

The course fee per participant is HK\$ 2,120.00 per day x 3 days = **HK\$ 6,360.00** (*Voluntary insurance is optional - HK\$ 130 for programme duration*). See more on <https://goo.gl/D4dUwT>

We have limited capacity for **12 professional women** to join the programme and are opening the applications to our clients and trustees. The maximum application from each company would be **3 participants** to ensure diversity in the group.

This is a three-day land-based hiking expedition which enables us to stop at various points in the journey to facilitate team initiatives and ‘workshops’ discussions related to the outcomes. This includes a peak ascent which aligns with ‘achieving goals and aspirations’ and navigation is related to ‘mapping your career’. Participants need to be adequately prepared for challenge and learning.

Please submit your application through the methods below:

- Email: grace@outwardbound.org.hk

- Fax: 2792 9877

- By Post: 210 Tai Mong Tsai Road, Sai Kung, New Territories



Key Elements of an Outward Bound Hong Kong programme

Expedition / Journey

Expeditions and journey courses remove participants from the comfort of the known and challenge their limitations and assumptions in the outdoor environment. This allows students the opportunity to experience the consequences of their decisions in neutral yet challenging environment. They are encouraged to exercise self and group responsibility, plan and set their own goals and exercise to be direct the course of their learning.

High Ropes

The high ropes and height elements empower individuals to overcome their self-imposed limitations in a supportive and encouraging team environment. The elements test the group and individual capacity to work together to achieve their common goal.

Solo

This is a period of individual reflection conducted in a quiet and remote location removed from distraction. The activity is framed carefully to encourage participants to think carefully about their feelings, their goals, the direction and impact they wish to have in the future. This is an opportunity to review their course and evaluate the key learning which is transferrable to real life.

Final Challenge

The group concludes their programme with an activity that requires consolidation of the skills they have acquired and practiced through the programme. This is an opportunity for individuals and teams to experience success and accomplishment using the key learning they have acquired.

Time	Day 1	Day 2	Day 3
Morning	<ul style="list-style-type: none"> - Paperwork and course opening - Team Initiatives: Ice Breakers /Trust Sequence and Communication - Watch video: Discussion/Journaling 	<ul style="list-style-type: none"> - Morning quote & Discussion - Discussion on setting and achieving goals - Peak ascent 	<ul style="list-style-type: none"> - Morning quote & Discussion - Frontload session: Confidence - High Ropes: Overcoming self-imposed limitations - Review (Feelings): How did I overcome this?
Noon	<ul style="list-style-type: none"> - lunch - Prepare for land expedition 	<ul style="list-style-type: none"> - Solo: Reflection - Mapping your goals and aspirations 	<ul style="list-style-type: none"> - Lunch - Gear cleaning and packing
Afternoon	<ul style="list-style-type: none"> - Depart base - Hiking: Get to know each other /share relevant information with each other - At checkpoint: Discussion on article 	<ul style="list-style-type: none"> - Return to base: freshen up 	<ul style="list-style-type: none"> - Video: Discussion & reflection on challenges women face and how we can overcome them - Questionnaire & Feedback - Final Review: Peer appreciation & action plan - Compass pin: Meaning and reminder of commitment to act

Evening	<ul style="list-style-type: none">- Drop off gear / Camping preparation- Evening review: Team effectiveness- GRIP Model: What worked, what didn't work and whether we need to do differently in order to prepare and succeed at the next day challenge	<ul style="list-style-type: none">- Evening Review: Sharing 'Solo' experience- Review achievements /Mapping	
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