



Values-Based Leadership Experience in Nature

Have you ever felt busy, successful even... but somehow disconnected from what really matters?

Modern life pulls us in dozens of directions every day. Work, family, expectations, social media and endless commitments can leave us feeling overwhelmed, stuck or uncertain about who we really are and where we're heading.

The problem often isn't a lack of motivation. - It's a lack of clarity.

Your **values** are your internal compass. They shape your decisions, your relationships, your confidence and the life you build around you.

Join us for **Walking with Purpose** – a unique outdoor experience that combines leadership, guided reflection and the restorative power of nature.



Together we'll explore:

- ✓ What truly matters to you
- ✓ Why some relationships energise you while others drain you
- ✓ How to make decisions with greater confidence
- ✓ How to align your actions with the person you want to become

A unique combination of leadership development, guided reflection and mountain walking.

Accompanying you on your journey are **James Darnbrook** and **Ylva Zeller**.

James is a leadership and values expert. James served in the British Army for 30 years and knows exactly what a difference it makes when a team functions smoothly based on shared values.



Ylva is the hiking expert for the workshop. She is a certified hiking guide with the Swiss Mountain Guides Association (SBV) and can be asked about anything and everything along the trail.



Technical Details of the Walk

Meeting Point: Restaurant Berggasthaus Oberböhlen

(<https://maps.app.goo.gl/2l3lsDwtE7aBZKtr7>)

Start Time:

09:00

Total Ascent/Descent:

300 metres

Workshop Duration:

Approximately 5 hours



Requirements

Stable physical and mental health

Fitness level: Easy

Endurance requirement: Easy

Head for heights: Hardly required

Sure-footedness suitable for safe walking on T2 mountain trails

Participants are responsible for their own accident, rescue, and cancellation insurance

Mount Ylva's Terms and Conditions apply: <https://mountylva.com/>

Additional Information

There is **no public transport** to the meeting point.

Please arrange **car sharing/carpooling** where possible or note it when registering if you don't have a car.

Price: CHF 200 per person



Equipment List

Please bring:

Hiking boots or walking shoes with good grip

Backpack

More than 1 litre of water

Packed lunch and snacks (e.g. energy bars)

Spare T-shirt

Jacket

Sun protection (sunglasses, hat/cap, sunscreen)

Personal medication and a basic first aid kit

Completed emergency contact form (sent after registration)

Walking poles (optional)

Registration

Register now and begin the journey to greater clarity and direction in your life.

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Step away from the noise. Reconnect with yourself. Walk with purpose.