

# EDGE

Travel Worldwide



# WOODLAND ADVENTURE

## The Adventure?

A 24-hour immersion into the best of nature's preserve where the woodland adventure experience is fun with loads of great learning.



- ✓ Ropes course challenge
- ✓ Bush-craft
- ✓ Fun meeting others
- ✓ Night Activities
- ✓ Weekend outdoors
- ✓ Cooking Outside
- ✓ Building Shelters

- ✓ Building personal power
- ✓ Resilience
- ✓ Goal Setting & Planning
- ✓ Confidence
- ✓ Managing stress
- ✓ Personal Challenge
- ✓ Mind Mastery



## When & Where?

Saturday 17th March – Sunday 18th March 2018

Successfactory, Burwardsley, Cheshire

### What's Included

Food, Shelter, Activities & Learning all provided

Contribution £100



Tel: 01606 594169  
Tel: 07590 365869  
[www.edgetravelworldwide.com](http://www.edgetravelworldwide.com)

# The Achievement?

Dave and Martin love the challenge of outdoor life and believe there is great personal learning and development that can be achieved by time outdoors.

Personal challenges, bush-craft skills, planning tips and preparation are mixed with sessions covering mind

mastery, goal setting and team and group dynamics. The experiences on the event and the learning gained are linked forward to taking action post event so can add great value in both business and personal life.

Individuals will gain personal power and sense of achievement, be able to plan and execute effective goals, will increase confidence outside comfort zones and be equipped with tools to build resilience, reduce stress and have a greater understanding of self, alongside skills on how to both survive and also thrive in the outdoors. This shared experience can stand alone or be experienced as part of a wider programme or expedition preparation.



## Meet the Team!

**Dave** has always been drawn to supporting and leading people to experience and thrive in the outdoors. Believing that immersing in nature and challenge drives contentment, productivity, focus and clarity. He has over 25 years' experience as a Physical training instructor, Combat medic, Expedition leader and Expedition medical officer, Mountain guide, Tour Leader and Arctic & Survival expert. Dave has participated, organised and lead expeditions worldwide within mountain, jungle, arctic and desert environments, which when combined with his military background provides a deep insight into getting the very best out of people. Dave is also the business owner of an Adventure Travel business, enjoys adventure racing and endurance sports. An experienced mountaineer summiting some of the highest peaks in the Northern hemisphere including over 50 successful summits of Kilimanjaro. A life time member of the Royal Geographic Society and passionate about life, nature and people.



**Martin** has a passion for outdoor life and in particular mountains. He is an experienced mountain leader confident with groups and loves combing these skills with his skills and knowledge as a leadership coach, educator and trainer to best support individuals and to create great learning opportunities. Martin believes that learning takes place in fun, experiential activities and that memories for life can be created by the right blend of challenge and support. He is able to draw on successful careers as an Operations Director, Consultant, Entrepreneur, Academic and Non-Exec Director. Martin enjoys his own challenges and is a regular mountain marathoner, long distance triathlete and runner. To maintain balance however he is a craft beer fan and beer sommelier.



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