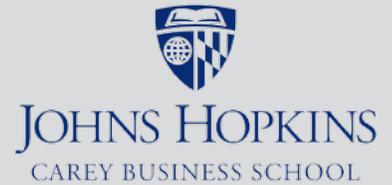


Leadership Development Expedition: Executive Trek, Norway



This course is a leadership-intensive expedition and seminar focused on helping professionals develop their own leadership capacity, while also emphasizing a conceptual understanding of leadership in diverse settings. The course utilizes the unique opportunity for leadership development embedded in outdoor experiential education, providing students the challenge of serving as a leader and team member during an adventure expedition, and helping individuals reflect on this challenge to develop their own conceptualization and practice of leadership. The course combines a thorough academic introduction to leadership development with frequent opportunities for self-assessment, coaching, reflection, and feedback to help students develop their own path as leaders.

- Spend 7 days exploring Norway's highest mountain range and its famous fjords
- Work as an expedition team to navigate trails, traverse glaciers, and summit Norway's highest peak, while receiving frequent individual and team coaching and research-driven leadership seminar sessions
- Focus on enhancing individual and team performance by integrating team members' diverse skills
- Gain experience leading a group in a challenging environment, giving and receiving effective feedback, and developing team capabilities for success, and return to your job as a more dynamic and effective leader
- Travel to a country that is continually ranked by the UN as the happiest and healthiest country in the world

Expedition logistics outfitted by Nordic Ventures - Participants will dine and sleep in rustic cabins of the Norwegian Trekking Association (DNT)

FACULTY

Christopher G. Myers, PhD is an Assistant Professor of Management & Organization at the Carey Business School and Faculty Director for Health Care and Leadership Executive Education. His research focuses on individual learning, leadership development, and innovation in organizations, and at Carey he teaches courses on organizational behavior, team leadership, and healthcare management. His work has been published in a variety of academic journals and has been featured in popular media outlets including Forbes, Fortune, Harvard Business Review, and Inc. Before coming to Carey, he was a professor at the Harvard Business School, and received his PhD from the University of Michigan Ross School of Business.

Mike Doyle, MS is the Senior Associate Director for Student Services at the Carey Business School. He has taught leadership development courses at Carey and at the University of Maryland, and has led adventure-based leadership expeditions throughout the US, Norway, Italy, Belize, Fiji and Jordan. He has also led team performance workshops for multi-national companies and government agencies. He is a certified career coach and holds a Master's degree in Counselling & Personnel Services from the University of Maryland, and is also certified in Six Sigma Greenbelt, MBTI, EQi and Clifton Strengthsfinder.

WHO SHOULD ATTEND

This seminar serves individuals at all career stages who want to improve their leadership skills. Since all teams require leadership, participants with all areas of expertise may benefit from this course. **No prior hiking, camping, or mountaineering experience is required for this trip.** However, participants should be in good physical health.

LOCATION

Baltimore (Pre-trek sessions)
Norway

Leadership Development Expedition: Executive Trek, Norway Course Schedule



Prior to the expedition in Norway, participants will meet for a full-day of course seminars, logistics, and individual feedback on goals for the expedition at the Johns Hopkins Carey Business School campus in Baltimore's Harbor East. Additionally, participants will complete several leadership assessments online before the program, and will have individual coaching sessions with a certified career coach before and after the program.

Course Schedule in Norway

OPTIONAL DAY

- For participants who arrive early, spend the afternoon exploring Norway's famous fjords by kayak or paraglider. (All activities are independent and provided by Nordic Ventures as a separate activity for each individual participant; an extra cost applies)

DAY 1

- Arrive in Bergen by noon, travel to Fretheim Hotel
- Team meeting and dinner, gear brief, and introductory session

DAY 2

- Travel to first DNT Cabin Sognefjellshytta
- Day hiking, navigation skills, and team dynamics

DAY 3

- Full-day hike (12km) to DNT Cabin Skogadalsbøen
- Hone expedition team dynamic

DAY 4

- Full-day, challenging hike (6km) to DNT Cabin Fannarakhytta
- Stretch team abilities and practice leading through challenge

DAY 5

- Traverse stable glacier field and hike (6km) back to Sognefjellshytta
- Short travel to DNT Cabin Juvasshytta (at the base of Galdhøpiggen)

DAY 6

- Full-day mountaineering summit of Norway's highest peak, Galdhøpiggen
- Travel to Fretheim Hotel and expedition finale celebration

DAY 7

- Return to Bergen
- Course ends and participants are free for onward travel after 12:00 noon