

# Profound Simplicity



## Intensive personal development combined with skiing in a unique nature setting

*Profound Simplicity is a programme designed for business executives who wish to become better able to overcome their self-imposed blocks and reach their full potential via physical activity in a unique environment. In early 2019, you can be one of a group of 10-12 executives flying to Jackson Hole in Wyoming, USA. You will have 5 days of challenging skiing, together with an experienced ski guide, while exploring how you can achieve extraordinary results, on both a personal and professional level.*

### Skiing in Jackson Hole

In our Profound Simplicity development programme, we will delimit your development journey through skiing. In this way, we simplify reality and reveal the blocks that prevent you from realising your true potential, in whatever area is necessary.

You do not need to be an experienced skier to gain the maximum return from the programme. What is most important, however, is that you are prepared to step outside your comfort zone and to challenge yourself both intellectually and emotionally through skiing.

### Programme structure

Over the five-day period, we will combine the experiences and challenges of backcountry/off-piste skiing with action and reflection, enabling us to develop and test new personal and professional strategies. In doing so, you will gradually understand what you are capable of achieving as a skier, and more importantly, in your personal and professional life.

#### Start

The programme starts with an individual consultation. Through discussion and a series of tests, we will jointly identify your main self-imposed blocks. Before making the trip, you can complement your personal development journey with an individual screening of your physical status. If you decide to take this, we develop a personal physical programme that you will complete ahead of the trip. This will ensure you are in good physical shape for your experience on the mountain.

#### Days 1-3

The first three days will consist of physical and mental challenges that will stretch you and take you to just outside your comfort zone. Step by step, you will learn to see and accept reality as it is, to find simple yet effective strategies to deal with unique and challenging situations, and ultimately, to unleash your true potential.

#### Day 4

Day 4 consists of a challenging physical and emotional journey on the mountain that will test you to your very limits. It provides an opportunity to implement everything you have learnt during the programme, in extraordinary and profound ways that are beneficial for your health and well-being.

#### Day 5

Day 5 is the final day. It is a day when we explore the mountain based on desire and determination. This final day is all about learning to enjoy and delight in your successes.

#### Feedback, reflection and learning

Each day, we combine experiences on the mountain with reflection and learning in order to find and test new strategies the following day. In so doing, you will gradually explore what is possible and how to achieve the extraordinary, both as a skier and as a professional. After completing the week in Jackson Hole, we will organise an individual meeting to help you translate the lessons you have learnt into practical and usable behavioural strategies you can implement in your everyday environment.

## What you can expect from the programme

Throughout the entire programme, you and your fellow participants will be supported in your exploration of new strategies and in tackling known and unknown problems.

Every day during the course of the development programme, you will experience breaking through existing self-imposed blocks and at the same time, discovering new blocks to be overcome. This is a unique and incredibly valuable experience that you will carry forward both personally and professionally and will have a profound effect on how you live your life.

## Implementation

Profound Simplicity can be taken as a standalone programme, an introduction to another of our programmes, or taken in parallel with an existing programme you are on.

The next programme is scheduled to run from 27th January to 2nd February 2019. It will be a unique opportunity to undertake an intensive personal development journey in a challenging environment that will make a big difference to you. Does this sound interesting? Please contact us to find out more.

## Cost

SEK 48,000 excl. travel.

Cost includes breakfast and accommodation, ski lift pass and the support of experienced mentors and ski guide with exceptional local knowledge.

## About Me-Maximilian

With extensive experience within both performance psychology and top-level sport, Me-Maximilian offers unique and challenging tools for enterprise sector executives. The aim is always to develop brave and secure executives with the ability to develop their enterprise to its full potential and achieve extraordinary results.

## More information

Watch the video and read more about Profound Simplicity and our other development programmes at [www.me-maximilian.com](http://www.me-maximilian.com)

Or contact us and we will be happy to explain more by phone or email: [info@memaximilian.se](mailto:info@memaximilian.se)  
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