

DESTINATION ELEMENT

Shift Forward

"Times of transition are strenuous, but I love them. They are an opportunity to purge, rethink priorities, and be intentional about new habits. We can make our new normal any way we want."

-Kristin Armstrong



Effectively Navigating Transition

El Camino Trail, Spain September 17-27, 2020



Igniting potential

There are 2 basic premises surrounding life, change and transition:

1. Life events are as stressful or not as you make them. Mindset is key.
2. No inherent life changes exist except for biological (i.e. illness and death). Life changes are social, historical or some other outside (external) influence.
(Source: Susan Krauss Whitbourne, Ph.D.)

So...there is nothing inherently bad about change. When change occurs, how you interpret the change will determine the impact on you. This is transition – **AND THIS IS A CHOICE!**

Join us for an intentional journey to uncover, explore, and translate insights into effectively navigating transition of any type. This 10-day program takes place on the El Camino Trail in Spain.

The challenge, history and beauty of the El Camino Trail make it ideal to use as an active illustration of what we have learned about change and transition. Based on what we have learned, let's discover how our thinking and behavior can sometimes be helpful and sometimes not. Individually, discover what transitions are you in the middle of today, and how we can prepare ourselves for any transition yet to come. Learn how to shift your mindset forward and develop new choices for you to effectively navigate transition.

THIS PROGRAM IS PERFECT FOR:

- Anyone currently experiencing change and needing new ways to effectively navigate transition of this change. Examples of change needing transition:
 - **Marriage/Divorce**
 - **Moving**
 - **Change in Income/Budget**
 - **Retirement**
 - **Death/Separation**
 - **New Job/Role**
 - **Health Changes** *(Proactive/Reactive)*
 - **Children** *(Having them, them leaving, changing schools, etc.)*
- Individuals with known future change in which they wish to proactively enable themselves with a new mindset for transition
- Anyone "stuck" with a change or transition and needing new insights and actions to help move them forward
- Individuals wanting to explore new ways to more effectively adapt and move through transition whenever it is to occur (and it will occur!)

Participants gain from the program:

- **Individual Plan:** Creating and implementing your own personal strategy to successfully move through transition the way you want to move through it – what works for you may not work for others and visa versa.
- **Change Resiliency and Adaptability:** Gaining awareness about what has worked for you in the past (and what hasn't!) and translating those insights into ongoing actions/choices for change resiliency
- **Generative Results:** Recognizing all kinds of change and the ability to create positive impact with transition for you and others – key for leaders of organizations.

What is included:

- Assistance from our travel partner Viaku including 24-hour emergency assistance
- Focus on your goals – individualized program in a group setting
- Integrated Group sessions built on a core of research, established frameworks, and brain science
- Daily individual coaching sessions to help make further connections and progress against desired results
- Inspirational setting where fun, community, history and individual progress all combine



Accommodations

- **1 night** – Madrid – 4* Hotel *(hotel selection TBC)*
- **6 nights** – Country Cottage accommodations on the Camino *(sample accommodations listed – final to be confirmed)*

Sarria	Casa Caxigueiro, GH
Portomarin	Casa de Santa Marina, GH
Palas de Rei	A Parada das Bestas, GH
Melide	Casa de los Somoza, GH
Arzua	Casa Brandariz, GH
Amenal	O'Muino de Pena, GH
- **2 nights** – 5* Carris Casa de la Troya

MEALS:

- Breakfast daily and community dinners nightly at all accommodations
- SPECIAL EVENT - 1 Welcome Dinner – Madrid
- SPECIAL EVENT - 1 Celebration Dinner – Santiago

GROUND TRANSFERS:

- All Airport Transfers – Madrid Airport – Madrid Hotel, Madrid Hotel – Madrid Airport, Santiago Airport – Sarria, Santiago Hotel – Santiago Airport

CAMINO AMENITIES

- Guide to accompany group for integrating historical facts of the Camino
- Luggage Transfer service (1 piece per passenger)
- Ground Assistance

NOT INCLUDED:

- International roundtrip airfare from the United States to Madrid (Economy Class) - \$1,100-\$1,300**
 - Domestic roundtrip airfare from Madrid to Santiago de Compostela - \$150-\$200**
 - Lunches, beverages at meals – Suggested calculation is \$30 per person per day
 - Items of a personal nature such as snacks, souvenirs, laundry, etc
 - Travel Insurance – optional but highly recommended to protect your investment
 - Gratuities – not common in Europe. Up to personal discretion based on service.
- ** All afares are estimated for budgeting purposes. Pricing is not guaranteed until flights are booked and ticketed. Return flights on the 27th should depart Madrid no earlier than 11am.*

ESTIMATED TRIP COST PER PERSON (double occupancy)

We will have 2 pricing options:

- **Paid before December 31, 2019..... \$4,700**
- **Paid After January 1, 2020..... \$5,200**



TRAVEL AND ORIENTATION



STARTING WITH A STRONG FOOTING



BLAZING YOUR OWN NEW TRAIL



CELEBRATE AND JOURNEY HOME

Thursday, Sept. 17

Depart for Madrid



Friday, Sept. 18

Arrival Madrid, Transfer to Hotel



Upon arrival you will be transferred to the hotel in Madrid. Relax and refresh as the remainder of the day is at leisure. In the evening we will meet in the lobby and head out for a special welcome dinner.

Saturday, Sept. 19

Transfer from Madrid to Sarria



Take a non-stop flight from Madrid to Santiago – the flight time is an hour and 20 minutes. Upon arrival in Sarria, transfer to hotel for dinner and an evening Camino Walk Introduction / overview of program.

STARTING WITH A STRONG FOOTING

Sunday, Sept. 20

Sarria to Portomarin



CLEARING THE SPACE – BEING FULLY PRESENT FOR GROUNDING

After your night in Sarria, you can expect a calm walk through pretty villages and peaceful hamlets under the shade of oak trees and along quiet country roads. Along the way, you will spot many Galician traditional “horreos (granaries). Visit the beautiful Romanesque church in the village of Barbadelo. Your destination for the night is the town of Portomarin. (22km)

Monday, Sept. 21

Portomarin to Palas de Rei



STARTING WITH THE END – HONORING WHAT IS ENDING FOR YOU

After your night in Portomarin your Camino will cross the river Mino (Galicia’s longest river) and rise uphill steadily towards the Serra de Ligonde. You will pass nice hamlets such as Gonzar and Ventas de Narón. Stop to visit the Romanesque Church of Santa María in Castromaior and the Romanesque church in Eirexe, with its portal featuring a sculpture of Daniel with animals, as well as Pilgrim Santiago. (24km)

FINDING YOUR STRIDE

Tuesday, Sept. 22

Palas to Melide



EXPERIENCE MATTERS – UNCOVERING PAST PATTERNS FOR FUTURE SUCCESS

You will enjoy a walk to the lively market town of Melide where you will have the opportunity to sample Galicia’s most classic dish – octopus – in one of the towns many “pulperias”. (15km)

Wednesday, Sept. 23

Melide to Arzua



EMOTIONAL BOOST – PRACTICAL USE OF SUPPORT SYSTEMS DURING THIS TIME

The Camino crosses several streams and follows a forest track bringing you to the village of Boente and the church of Santiago. Next is the pretty medieval hamlet of Ribadiso and finally the town of Arzúa (389m), famous for its local cheese. In Arzúa, you should visit the churches of Santa María and A Magdalena. (14km)

Thursday, Sept. 24

Arzua to Amenal



GAINING CLARITY FOR GROWTH AND CREATIVITY

After your night in Arzúa, your Camino will take you through pretty woods, sleepy villages and across streams for most of the day. The chapel of Santa Irene, with its unique statue of Santiago, is worth a visit. En-route don’t miss the lovely hamlet of Rua (310m). The rest of the route to Amenal is along a mix of good and calm country roads and forest tracks. (23km)

Friday, Sept. 25

Amenal to Santiago de Compostela



RENEWAL, VITALITY, AND SHIFTING FORWARD

After your night in Amenal, your next point of interest is Lavacolla in the outskirts of Santiago, where pilgrims used to wash themselves in the river in preparation for their arrival in Santiago de Compostela. Rows of tall eucalyptus trees line your journey to Monte do Gozo (Mount of Joy 368m) and it is from here that will catch your first glimpse of the spires of the cathedral in Santiago. When you arrive in the city (264m, population 80,000), explore this UNESCO World Heritage Site’s architecture and delight in the wonderful atmosphere of this spiritual and cultural city. With only 16.5km to walk today, you should be in Santiago in time for the pilgrim mass (12pm). After visiting Santiago Cathedral and recovering from your walk, take time to explore this gem of a city, small and vibrant. Its old town will enchant you.

Saturday, Sept. 26

Day Trip to Finisterre CELEBRATE!



Today we take a day trip to Finisterre to start our full day of celebration. Many pilgrims make an additional 3-day walking journey following their arrival in Santiago, but we will go by minibus. It was believed to be the most Western point in Europe by the Romans and they call it Finis Terrae: Land’s End. It was also believed to be the final section of an itinerary marked in the sky by the Milky Way. Finisterre is a magical place and as they arrived, pilgrims used to burn the clothes they had walked in for so many days, as a act of closure and purification. Many also went for a swim in the sea (burning your clothes or going for a swim is optional ;-)). In the evening we will gather for a celebratory dinner back in Santiago to conclude your journey and celebrate your success.

Sunday, Sept. 27

Return home



Today you will depart Santiago for your return flights with armloads of insights, progress, new choices, and an amazing sense of accomplishment.