



 **REBOOT** SKILLS

23 - 24 APRIL 2021



“Brilliantly conceived, exceptionally well organised and run - it challenged me in so many ways, from my notions of what makes a good leader right through to taking a much lengthier introspective look at myself and how I interact in a team, as well as how I present myself.”

Chris – A Rebooted Financial Manager

Our **REBOOT™** programmes are designed to help you, your teams and your organisations improve on every level; you will be tested physically, mentally and emotionally, but in the most constructive way. We’re not here to break you, you won’t fail, and all outcomes are positive. You will learn about your vulnerabilities and limitations as a team, and you will overcome them as a team.

Our inaugural **REBOOT SKILLS™** course, a series of diverse challenges, set in the amazing countryside of the Ashdown Forest, under the splendid backdrop of Pippingford Manor was a huge success, and as a result, we will host multiple events in 2021.

“A massive thank you to the whole team for the most amazing 36 hours of my life, I have never experienced an atmosphere like it before. Every single person I spoke with was so humble, kind, encouraging, intriguing and truly incredible. I will cherish these memories for life.”

Carly – A Rebooted Orthodontist

REBOOT SKILLS™ COURSE

Day 1

On arrival you will be settled into the Ashdown Country Park Hotel before moving directly to Pippingford Estate where your journey of self-discovery and team learning will begin.

We welcome both groups and individual attendees to REBOOT™ and so the first task is to introduce you to the other members of your team of six for the duration of the event.

You will meet our extraordinary delivery team, receive some initial briefs and instruction in the disciplines that will help you negotiate the challenges. After a light lunch, you will be set off on your journey. Using map and compass you will navigate your way as a team around a series of check points, cached clues and three very different challenges under the watchful eye of one of our authentic leaders including former Special Forces Operators, Explorers, Athletes, Pilots, and the most Senior Executives to name a few. They will be beside you all the way to offer the wealth of their experience, support your efforts, and offer constructive feedback



as you find solutions to complex problems and overcome physical and mental pressures to achieve your objectives.

You may get wet, you may have to confront your fear of small spaces, you may have to operate at height, or you may have to assimilate lots of written information under strict time constraints. However, our challenges are designed to tax the entire team, physical strength or intellect alone will not overcome the problems, you will need to combine your talents to be successful, understand each other's vulnerabilities, limitations and strengths to assign tasks appropriate to your teammate's skill sets, and we will nominate new team leaders at regular intervals, so pay attention...

Evening of Day 1

On the evening of the first day, the Extreme Leaders will host a dinner at the Ashdown Country Park Hotel. You will hear an inspirational talk, we will discuss the personal or group challenges highlighted in your pre-joining questionnaire, and we will take time to reflect on your experiences on the first day of **REBOOT SKILLS™**

Day 2

We will have an earlier start on day 2 which will see you take on another 3 challenges. On completion we will have a comprehensive debrief and validation of your experience before enjoying an end of course BBQ and drink before departing.

Be ready to grab the initiative. Vicky did...

"I am still on such a high, I can say it is the most emotionally and mentally drained I have ever been, I still feel very emotional, it has been an incredible 2 day journey with the team. This programme has taught me a lot about myself and has made me believe in myself; I now believe I can achieve anything in life and I should not listen to the negative friend in my head that has been instilled in me for many years by teachers and employers. I was never good enough.

Today, I have a new positive best friend in my head who allows me to finally believe in myself, to face my fears and anxieties head on without self-doubt or judgement, I will no longer allow my anxiety, depression, PTSD and most importantly the negative doubters define who I am.

Thank you, what you guys do is amazing and inspirational"

Vicky - Rebooted





For more information and to book please visit
www.theextremeleaders.com/extreme-reboot/