



Transforming Management, Leadership, Business & Life!™

WHAT DO I NEED TO KNOW, and WHAT DO I NEED TO DO TO GET READY?

Because our **In The Fall Line™** program is highly active we want you to be aware of, and familiar with, the following:

How good a skier do I really need to be?

We've seen that passion and enjoyment of the sport are more important than ability. Participants at every level from beginner to expert have been positively and dynamically impacted by this experience. You'll dramatically improve your awareness as a leader, as well as ramp up your skiing performance, even in 1 day.

The participant to coaching ratio is 3:1. How are groups or teams formed?

You'll ski in a group of 6 people or less. We form groups to maximize the learning. This grouping process will typically be done by skill level and/or the goal definition you have. Typically we lead each group with 2 coaches, one for skiing, and one for leadership insight. So, if we have 12 participants in a session we function on mountain with two groups of no more than 6 participants each.

In our *off* slope sessions, at continental breakfast, lunch, and après-ski, we spend our time as a total group. When the groups come back together, the learning application becomes exponential. Please contact us with any questions you may have about skill level issues, or group process.

Goals

You'll be asked to arrive with a definitive leadership or life goal, and a personal skiing goal. Stated goals greatly assist the faculty, and participants, to support you in achieving *your* goals.

So, we invite you to slow down a moment, ponder, and *feel* the answers to the goals questions. Your answers to these questions will guide you through an intense and fun, day of learning! You may want to explore:

1. The personal change or learning that would help me maximize my effectiveness as a leader, partner, personally.
2. What I could do differently to maximize the performance of my business, team, family, or myself.
3. The ways in which I want my skiing skill or experience to improve?

Our goal is to show you how the same passion you have for skiing can be taken back to your business, team and/or family!

For more information please call: 720-641-7565
or visit: www.durgainstitute.com



Transforming Management, Leadership, Business & Life!™

My Gear

For our 1 day program, come prepared with your gear, either your own, or rental gear that is set correctly prior to your arrival. And, have no doubt our faculty can assist you with your specific needs.

Clothing

Warm and casual. Base elevation is above 9,000 feet. Summit tops out at over 12,000. Be prepared. If you have any questions about this please feel free to call or email us at the numbers below.

Body & Acclimation

Conditioning is right up there with having your gear in order. Again, the question comes to mind how would you like your people to show up for work? We recommend you be in as good physical condition as possible prior to your arrival. The best way to accomplish this is to combine aerobic activity with some weight work.

Arrive early, and remember to drink plenty of water/fluids to prevent dehydration.

For those bringing an intact work team:

My team's skiing ability and passion for the sport are at different levels. Is this a problem?

No because:

1. In the work environment it's rare that all parties perform equally either. The goal is to maximize personal performance at whatever level each individual "plays".
2. We've found that even those team members that participate by directive find this experience exhilarating as learning applies both to the team and to skiing as a sport.

For more information please call: 720-641-7565
or visit: www.durgainstitute.com