Executive Coaching International supports the work of Mama Lumka, also known as 'the Wheelbarrow saint' for her love and relentless work among orphaned and disabled children in South Africa. Her life motto and mission is:

"Success is in your feet. You have to walk until you find it."

www.mamalumka.org.za

Visit Learn to Earn

Executive Coaching International supports the work of Learn to Earn, a skills training and job creation project in Khayelitsha

www.learntoearn.org.za

Our coaches for this retreat:

Dr. Gustav Gous  Dr. Ronelle Langley

“I have walked the long road to freedom. I have tried not to falter, I have made missteps along the way. But I have discovered the secret that after a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a few of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my walk is not yet ended."

From Long Walk to Freedom
(Nelson Mandela, 1995)

While incarcerated on Robben Island, Nelson Mandela recited the poem *Invictus* to other prisoners and was empowered by its message of self-mastery. In the movie *Invictus*, Mandela gives the captain of the national South African rugby team the poem to inspire him to lead his team to a Rugby World Cup win, telling him how it inspired him in prison.

Unique South African Leadership Retreat and Safari

May 10—May 18, 2015

“*In every walk with nature one receives far more than you seek.*”

John Muir
Join us for this unique leadership retreat that has been offered to only a few select leaders from around the world who set their stretch goals where few have tried.

Short Walk to Freedom on Robben Island

The Short Walk to Freedom experience makes it possible for established leaders to arrive on the shores of Robben Island, turn it into the University of Life like the former political prisoners. This two-day walk is designed to empower you through a transformative experience to lead from your core. By walking in the footsteps of former prisoners like former President Nelson Mandela, Oupa Stanley Magobo who will accompany you with the help of our experienced coach Dr. Gustav Gous, you will embark on a journey that will take you from captivity, through the exhilaration of liberation, to the discovery of your responsibility - in preparation for, and extension of your unique leadership role.

Sightseeing

The 2015 UNI student team will join us for sightseeing in the Cape Town area to visit Table Mountain, one of the Seven New Natural Wonders of the world.

We will also visit Learn to Earn, a service learning project in Khayalitsa and attend the memorable Amazink Live Show!

Safari

A standard highlight is a safari visit for a close encounter with African wildlife. We will travel with a luxury bus and stay overnight.

Itinerary

May 11: Day 1: Arrive at Cape Town International Airport. Overnight at hotel in V&A Waterfront

May 12: Day 2: Robben Island Leadership Retreat

May 13: Day 3: Robben Island Leadership Retreat

May 14: Day 4: Robben Island Leadership Retreat, HintHunt Escape Game

May 15: Day 5: Joined by UNI 2015 student team. Table Mountain, Learn to Earn in Khayalitsa, Amazink Live show

May 16: Day 6: Depart to Safari and overnight

May 17: Day 7: Safari, and return to Cape Town area

May 18: Day 8: Vergelegen Wine Estate, depart from Cape Town International Airport.

Cost

$750 per person per day sharing, including Robben Island and Safari retreats, accommodation, entrance fees, transportation with luxury bus, meals as per itinerary, professional guides. Total: $5,650 (including $400 p/p administrative cost).

Not included: Air fare, meals when in transit, alcoholic drinks (except wine tasting event), personal travel insurance, optional activities, items of personal nature.

Executive Coaching International
Coaching Leaders for a Global Workplace
www.executivecoachintl.com