

NEPAL LEADERSHIP TREK

FOR

JOHNSON SCHOOL ALUMNI

As George McGregor Burns once said, “Leadership is one of the most often studied yet least understood fields of inquiry in the history of human thought.” Why might that be? Authentic leadership is a very personal matter that draws on a deep understanding of yourself and manifests itself both in ways that model your beliefs and in the pursuit of things that matter most to you. Developing a vision, articulating it, and inspiring others require not only a deep understanding of yourself but also a sense of what is important for your organization and for the people in and around it. Mastering these abilities is a lifelong endeavor, and the Nepal Leadership Trek provides an opportunity to continue your self-development, exercise your body and cross-train your mind, and reflect on your leadership with fellow graduates of the Johnson School and others in the awe-inspiring Himalayas.

Images of mountains and a service experience in remote poor villages resonate deeply in our hearts and give us the symbols of patience, strength, effort, and inspiration necessary for envisioning a more fulfilling future for ourselves. It’s a highly reflective setting that breaks our old paradigms and gives us a fresh perspective on work, life, success, and contribution.

The trek uses mountains, village home-stays, trekking, service activities, and cross-cultural and spiritual exploration to expand and deepen our understanding of ourselves, leadership, and life.

- When our paradigms are shattered, do we retreat safely when good judgment suggests we should move forward?
- How do non-Western ways of approaching life reveal different possibilities of leading, working, and life?
- Can the mysterious hidden valleys of Tibetan lore, some resembling the fictional Shangri-La, help us understand the underlying purpose of leadership and contribution?
- What does it mean to achieve a meaningful goal and then to develop new ones? Is the journey the goal?

LOCATION AND BASIC ITINERARY

We fly to Kathmandu, capital of Nepal, for 3 days for touring and for learning the language, culture, health habits, and yoga. We then bus to Mhanegoan, a remote village in the heart of the ancient capital district of Kingdom of Nepal, where we will live with villagers, help them with family chores, do joint community-service projects, and learn some of the local crafts. From there we bus to Pokhara in the West, one of the main tourist destinations of Nepal, and the launching point for trekking in the magnificent Annapurna range. We will trek for 4 days in the

lower Annapurna, staying in lodges in the villages along the way, and of course enjoying the local customs. Finally we bus back to Kathmandu for a day at Bodhnath, the center of the Tibetan Buddhist culture, visiting some of the monasteries and receiving a blessing from one of the masters.

Every evening, individually and as a community, the group will reflect on the insights of the day's activities. These sessions will often include structured exercises to draw out the lessons facilitated by the trek leaders.

CORNELL NEPAL STUDY PROGRAM

The program is supported and guided by the staff of the Cornell Nepal Study Program, which is a pioneering joint venture between Cornell University and Tribhuvan National University of Nepal, initiated in 1993. CNSP is the first and only study abroad program in Nepal to draw together students from American universities to live and study with Nepalese peers in residential program houses.

TREK LEADER

C. CLINTON SIDLE is director of the prestigious Roy H. Park Leadership Fellows Program in the Johnson School of Management at Cornell University and a top consultant in strategic change, leadership, executive coaching, and developing human potential. His leadership programs at Cornell and elsewhere have earned national recognition. He has worked with Fortune 500 companies, state and local educational systems, and some of the nation's leading universities and nonprofit organizations.

Clint is also the author of books: *The Leadership Wheel: Five Steps to Achieving Personal and Organizational Greatness* (Palgrave Macmillan (2005)) and *This Hungry Spirit: Your Need for Basic Goodness* (Larson Publications (2009)).

DETAILED ITINERARY

- Day 1–2 International travel (participants are responsible for arranging their own travel and must arrive in Kathmandu by XXX); stay at CNSP program house
- Day 3 Tour of Kirtipur and Kathmandu; language training; evening yoga; stay at CNSP program house
- Day 4 Bhaktapur and Changu Narayan Tour; health orientation; meditation at the monastery; stay at CNSP program house
- Day 5 Transport to Manegaon; en route lunch and tour ancient capital Nuwakot; afternoon snack with women's group; arrive and stay with host families
- Day 6 Morning chores with host families; late morning hike; afternoon volunteer activity teaching in local schools; evening shaman ritual; stay with host families
- Day 7 Morning chores with host families; late morning ritual in monastery; afternoon volunteer activity teaching in local schools or learning crafts (blacksmithing, weaving, reed plate making, etc.); end of day village party; stay with host families

- Day 8 Transport to Pokhara with dinner and breakfast at one of the hotels
- Day 9 Transport to Nayaa Pool; trek to Ulleri; stay at local lodge
- Day 10 Trek from Ghorepani and Poon Hill (beautiful early morning view of the Annapurna range); stay at a local lodge
- Day 11 Trek from Ghorepani and Poon Hill to Ghandruk; stay at local lodge
- Day 12 Trek from Ghandruk to Dhampus; stay at local lodge
- Day 13 Trek from Dhampus to Phedi, transport to Pokhara; stay at hotel (**could we transport directly to Kathmandu instead that day? It would save a day.**)
- Day 14 Transport to Khatmandu, en route lunch and sight-seeing in Ghoroka; stay at CNSP program house or **Kathmandu Guest House**
- Day 15 Tour Bodhath Tibetan Buddhist center on the edge of Kathmandu; receive a teaching or blessing from one of the lamas; free time in Thamel (tourist center); stay at CNSP program house
- Day 16 Transport to airport and travel home
- Day 17 Arrive home