

## Build a roadmap for your future in **The Next Mile™**

### Overview

In four days in the spectacular red rock country of Sedona, AZ you will design where you're headed next and begin a roadmap that will take you there. The Next Mile is a distinctive combination of personal inquiry, outdoor adventure and real-time leadership discussions in a relaxed setting that creates a challenging and inspirational environment for freedom of thought, freedom to explore, and freedom to make change happen.

### Who Chooses The Next Mile?

Women ready for change and renewal who want to breathe new life into the career and life they have today, explore what's next in work or in life, uncover new options, or make a greater impact in the world through their work or with a philanthropic pursuit.

### Quick Facts

- **The Next Mile** is a four-day leadership experience where you will decide the next personal or professional venture in your life and design the initial plan to get yourself on the path.
- **Our methodology** combines brief leader-led presentation and large-group discussion with focused small-group sessions, individual and small-group consultations with an expert in change and renewal, an outdoor large-group experience, and individual work.
- **The group size** is a maximum of 12.
- **The format** includes pre-program preparation, four program days, one of which includes an outdoor component<sup>1</sup>, an outdoor catered dinner on the rocks at sunset, and three group mastermind follow-on meetings with a master leadership coach within the 90 days following your Sedona experience.
- **Your group is led** by the company's founder, Denise Brouillette, and one or more leadership coaches who are on call to consult

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<sup>1</sup> This experience involves hiking requiring light to moderate effort. For this activity you will need hiking boots or sneakers with traction, sunscreen, hat, sunglasses, water, and good humor.

## Details

### Before the start...

we lead a telephone call with your group to introduce you to the program, the process, and the women who'll travel the road with you in The Next Mile.

### Day 1: Your Leadership Story

What are the **critical choices** you have made in life and what were the **compelling reasons** at the time for making them? These questions and others are explored as we begin your four-day process of finding out what's next for you and transforming those ideas into meaningful visions and plans for the future. The lively discussion and thought-provoking process set the stage for the remainder of your experience. You'll form your small groups, be introduced to our five-stage model of change and transition, and with the day's theme in mind, continue your discussions over dinner at one of the world-class Sedona eateries of your choice.

### Day 2: What Matters

This is a powerful day that primes you to **move beyond** thinking about what your next life venture might be to a **beginning formulation** of what it actually will be. Leader-led discussion, individual inquiry and small-group sessions center on reawakening and renewal of the core self, a prerequisite for designing what's next in your life. With that exploratory work done, you will surface the principal values that are important in your life today, what matters most, and be ready to begin to envision the roads you might yet travel.

### Day 3: Ideas to Visions

We start the morning early by getting out onto the spectacular red rocks of Sedona to a **quiet place of refreshing contemplation** that opens a wide the door to creative thinking. After a morning break, we're back in the meeting room where you'll continue in a structured creative process within small groups. This transformative session links you directly to your wellspring of intuitive knowledge and by mid-afternoon you will have moved from your initial idea phase to having **preliminary images of what your future holds next** for you. You will leave ready for Day 4 where you will design your robust and compelling vision and your next stage plans.

There is no better way to take us into Day 4 than to have a celebration of the work that's been done so far and the future that is yet to come. We'll end the day as we started it - outdoors. Only this time, we'll have Pink Jeep Tours take us to our own private spot for sunset, a catered dinner on the rocks, and an evening of good time and conversation.

### Day 4: The Next Mile

Today you **design the future** and the **next-step plans** that will bring your vision to full reality. Your discussion group begins its new role as a mastermind cohort - your consulting team as you brainstorm plans for actualizing your visions. We revisit the change model and what to expect as you transition mentally and emotionally from where you are now to the future you have designed. By the end of the session you will have renewed and amplified your vitality for undertaking what lies ahead in life, have dispelled any personal myths that compete with your vision, and have in place a support plan that will move you forward along your path. You will be on the way, and it will be your way.

### The Next 90 days...Moving Your Vision Forward

The Sedona experience gets you going, and in the 90 days following are when the rubber meets the road. We have designed a broad support structure to help you as you move your vision forward:

**Mastermind Sessions:** The group meets by phone once in each of the three months after Sedona with a master leadership coach for check-in, spot-coaching and the support that only those who are in the process of change themselves can offer.

**Blog:** Connect with the entire group from The Next Mile throughout the 90 days following the program in the blog set up specifically for your group in our *members only* section on our Hairpin Turns web site.

### What's Next?

We never think of our programs as truly ending. In fact, one of our goals has been to build a powerful community of women who continue to share, learn and change the world long after we have exited the stage. For those who want to continue a structured format after the first 90 days, we offer:

- Continuation of small-group coaching for your mastermind cohort, meeting one or two times per month, and contracting for 3 months at a time.
- Individual coaching for a contracted number of sessions, usually 6 to 8 sessions over 3 to 4 months.
- A custom continuation plan specifically for you or your mastermind cohort.



## Payment and Registration

**Program Cost:** \$2,195 exclusive of accommodations and travel. Meals included are continental breakfast on Days 2, 3 and 4, and lunch and dinner on Day 3. Your deposit of \$500 is required at the time of booking to hold your space. The balance is due 45 days before the program start date. **Register** by choosing your program start date from our Calendar of Events on the Hairpin Turns web site at [www.hairpinturns.com](http://www.hairpinturns.com). Register online with a \$500 credit-card deposit, or mail us a check for \$500 to The Innovative Edge, 1032 Irving Street, #620, San Francisco, CA 94122. We accept Visa, MasterCard, American Express and checks drawn on U.S. banks. **Cancellation:** Due to the location, this program incurs significant costs in advance. Because of that, we will charge a \$100 administrative fee if canceling 30 or more days before the program start date, and \$200 if canceling between 29 and 15 days before the program start date. There are no refunds if canceling 14 or fewer days before the program start date. **Transfer:** You may transfer to the next available program at any time after booking. A \$100 administrative transfer fee is charged if transferring 30 or more days before the program start date, and \$200 if transferring 29 or fewer days before the program start date. We do not issue refunds when you are transferring to a future program.

## Lodging and Travel

Programs are held at the Sedona Route Hotel & Spa located on Route 89A in the spectacular red rock country of Sedona, Arizona. Just 90 miles north of Phoenix's Sky Harbor airport and 30 miles south of Flagstaff's Pulliam Airport, Sedona sits at a 4500 foot elevation at the base of beautiful Oak Creek Canyon. The Sedona Rouge features beautifully appointed guestrooms and suites with fireplaces in many rooms and other amenities, the mountains or red rock vistas from every room, a full-service spa, heated pool, steam, sauna, outdoor gathering areas, walking paths, and state-of-the-art workout facilities.

## Scheduled Programs

Please see [www.hairpinturns.com](http://www.hairpinturns.com), Calendar of Events, for dates.