



The **Disruptive Element**™



Destination Element

Brace Yourself:
Optimizing Individual
Performance

ECUADOR
September 21 - 29, 2019

Optimizing Individual Performance

A common quest we hear about is “work/life balance”. This concept is intrinsically linked to a person’s purpose and value – meaning we make time for things that give us deeper meaning. A great place to start in building the tools we need within ourselves is starting with **cognitive balance**. This is about maximizing the performance of our brain and avoiding burnout. By optimizing our brain’s performance, we naturally stimulate our reward center which helps with overall satisfaction and achieving “balance”.

Join us for an intentional journey to learn, explore, and translate your own ability to help amplify the function of your brain without getting overwhelmed. **This program takes place in the Amazon and Highland regions of Ecuador.**

“The challenge in my life really is keeping the balance between feeling creatively energized and fulfilled without feeling overwhelmed and like I’m in the middle of a battlefield.”
- Amanda Palmer

Ecuador is made up of several distinct ecosystems. We will discover the delicate balance needed for the ecosystems to not only survive but to thrive! These settings make it an ideal setting to explore our own cognitive ecosystem and practice how to optimize its balance for ideal results. Learn how to find balance that will brace/steady you to elevate impact – for yourself and others!

This program is perfect for you if you are:

- Seeking a new way to improve creativity and innovation
- Desiring extra capacity without the burnout
- “Stuck” on a problem and unable to work through it when you know you can
- Wanting to feel more energized and fulfilled with your day no matter what the task or what part of life it touches
- Feeling overwhelmed with everything on your plate or responsibilities assigned to you

Participants gain from the program:

- **Generative Results:** Increasing connections and optimization of brain function allow for more efficient problem solving, greater emotional control, and systemic positive energy
- **Greater Connections with Others:** Balancing the brains activities actually creates new physical connections within your brain and these new internal connections also translate to stronger connections with others
- **Individual Cognitive Improvement:** Discovering and leveraging new activities to enable our brains to better coordinate and balance its activities thereby maximizing ALL of its functions

What is included:

- All travel arrangements as outlined
- Assistance from Knowmad Adventures including 24-hour emergency assistance
- Focus on individual goals and results related to cognitive balance – this is a completely individualized program in a group setting
 - o **Integration of a real problem or focus area for practical application**
- Integrated Group sessions built on a core of research and established frameworks to:
 - o Establish daily focus and where each day builds upon the last
 - o Increase understanding of why new behaviors and activities need to be intentional and evolutionary using brain science
 - o Share insights for further exploration, insights and support
- Daily individual coaching sessions to help make further connections and progress against desired results

JOURNEY OVERVIEW

ACCOMMODATIONS

- 2 nights – Quito – Patio Andaluz
- 3 nights – Napo Wildlife Center
- 2 nights – Hacienda Zuleta

MEALS:

- Meals as indicated (Breakfast, Lunch, Dinner)
- SPECIAL EVENT - Welcome Dinner – Quito
- SPECIAL EVENT - Celebration Event/Dinner – Highlands

GROUND TRANSFERS:

- All ground transfers in Ecuador included as described in itinerary

AMENITIES

- Guide to accompany group during planned activities
- Luggage Transfer service (1 piece per passenger)
- Ground Assistance

NOT INCLUDED:

- International flights – Ranges from \$700-\$950 in Economy
- Internal flights (Quito to Amazon) – Ranges from \$300-\$350
- Meals not indicated
- Items of a personal nature such as snacks, souvenirs, laundry, etc
- Travel Insurance – optional but highly recommended to protect your investment
- Gratuities – Up to personal discretion based on service.

ESTIMATED TRIP COST \$5,200
(per person/double occupancy)



2-Days - Patio Andaluz

Travel and Orientation

Saturday, Sept. 21

Arrival Quito, Transfer to Hotel



You will fly from the USA to Quito, arriving late in the evening. Upon your arrival in Quito you will be met at the airport and transferred to your accommodations in the heart of the old historic center of Quito.

Sunday, Sept. 22

Quito



We will have a group welcome session late morning and then be picked up at our hotel to explore old town and learn of the fascinating science behind the equator. We will also visit the Intiñan museum where you see the side effects of standing right on the equator an overview all the different ecosystems found in Ecuador – directly tied to our focus! We return to hotel for some down time before heading out for our official welcome dinner.



3-Days - Napo Wildlife Center

Exploring Our Internal Ecosystem

Monday, Sept. 23

Quito to Amazon



Getting an early start to the day, we will be picked up early and taken to the Quito airport for a short flight to Yasuni National Park in the Amazon Basin. After arriving at the dock, you will board a large, motorized canoe for a scenic two-hour trip downriver where it's possible to see a variety of monkey species as well as large birds like toucans, parrots and macaws. Then you will be transferred to smaller dugout canoes and paddle up (you won't need to paddle!) the black water creek to the Napo Wildlife Center – an environmentally friendly lodge that offers a luxurious experience deep in the Amazon. The center is perched on the banks of Anangu Lake, and once settled we will officially begin our program.

Tuesday, Sept. 24

Amazon



Today we will rise early to explore the amazon jungle. Activities will vary by day and align to intended outcome of program. Examples of some activities include hiking, visiting Ecuador's best parrot clay licks, visiting and working with the Kichwa community of Anangu, and wildlife exploring. Time during the day will be divided between 1 morning activity, lunch, 1:1 coaching, 1 afternoon activity, group session and dinner. There will be time throughout to relax and enjoy as well!



Wednesday, Sept. 25

Amazon



Continue our program of activities in the jungle. Today we might embark on a short morning hike through a jungle trail that takes you to a 120-foot canopy tower where you will view the Amazon as only the birds can. Flocks of colorful tanagers pass right through the canopy, blue and yellow macaws soar past, spider monkeys search for fruit in nearby trees, two species of toucans make regular early-morning visits, and the life of the forest canopy opens before you. Enjoy a gourmet lunch full of fresh local products back at the lodge, and then continue on an afternoon hike through the forest watching for a variety of lizards and amphibians, colorful manikins and endemic golden mantle tamarin monkeys. We might end the day by exploring the lake and creeks by dugout canoe with great possibilities of seeing a giant otter (an endangered species) and finish by taking in an Amazonian sunset. (Note: Activities will be scheduled closer to the date and aligned to program outcomes for that day)

Mind Over Matter

Thursday, Sept. 26

Amazon to Ecuador Highlands



Watch for giant otters, monk saki monkeys and a variety of other rare birds while canoeing through the lake and black water creek to the Napo River. After using the restrooms, return by motorized canoe and onward to the Coca airport for your flight back to Quito. Upon arrival, you will be picked up and taken on a scenic drive north to Hacienda Zuleta. We will have a delicious boxed lunch in route to the hacienda. We will then have coaching sessions with plenty of time to relax before a wonderful dinner at the hacienda.



2 nights - Hacienda Zuleta

Balance Beyond

Friday, Sept. 27

Ecuador Highlands



We begin our day with a group session and then head off for our morning activity. Activities will range from hiking, "working" on the farm, visiting the pre-Columbian ruins, visit to the Condor rehabilitation center, and more. We then have an amazing homemade lunch, coaching sessions, time to relax and then head out for an afternoon activity. (Note: Activities will be scheduled closer to the date and aligned to program outcomes for that day). After coaching sessions, we conclude our day with a special celebratory event and meal.

Journey Home

Saturday, Sept 28

Ecuador Highlands and Start of Journey Home



After morning session, we set off for the Otavalo market, the biggest and most important indigenous market in all of Latin America – because time for shopping is critical. The colorful main handicraft and textile market spills into the streets from the central Plaza de Ponchos. The friendly Otavaleños are more than happy to talk about their crafts and traditions and will expect you to haggle a bit on the price. We then head back to hacienda for big lunch and leave the afternoon to complete any remaining activities. Since we have a late evening flight, we will freshen up and then return to the Quito airport in accordance with your international overnight flight home.

Sunday, Sept 29

Arrive Home



Return home from international flight