



Look beyond your peak

A leadership experience that will fuel your confidence
as we help you to lead on another level

TLH Altitude, Pyrenees 6th - 10th March 2023





TLH Altitude

Overview



At The Leadership High (TLH), we believe everyone is a leader in their own life and beyond that we don't label.

TLH works with leaders and teams in pursuit of better by making confidence a habit. One of our signature transformations is **TLH Altitude**, designed to challenge leaders to look beyond their peak as they go in pursuit of better. We take you high for perspective and reflection and we use challenge to enhance the learning experience and accelerate your leadership growth.

You'll reframe challenge as performance fuel and turn obstacles into opportunities, drawing on the collective confidence of the people around you.



Why we use challenge

Embracing a challenge reshapes our brain's circuits to enhance performance. It makes us see things in a different way. Mastering a challenge in spite of difficulty or anxiety is a remarkable confidence booster. Confidence makes us perform better because it:

- Lifts our mood
- Lowers anxiety
- Boosts our motivation
- Makes us more likely to take action
- Makes us more likely to persist through setbacks
- Makes us sharper and more focused

Professor Ian Robertson, Neuroscientist and TLH Academic Partner



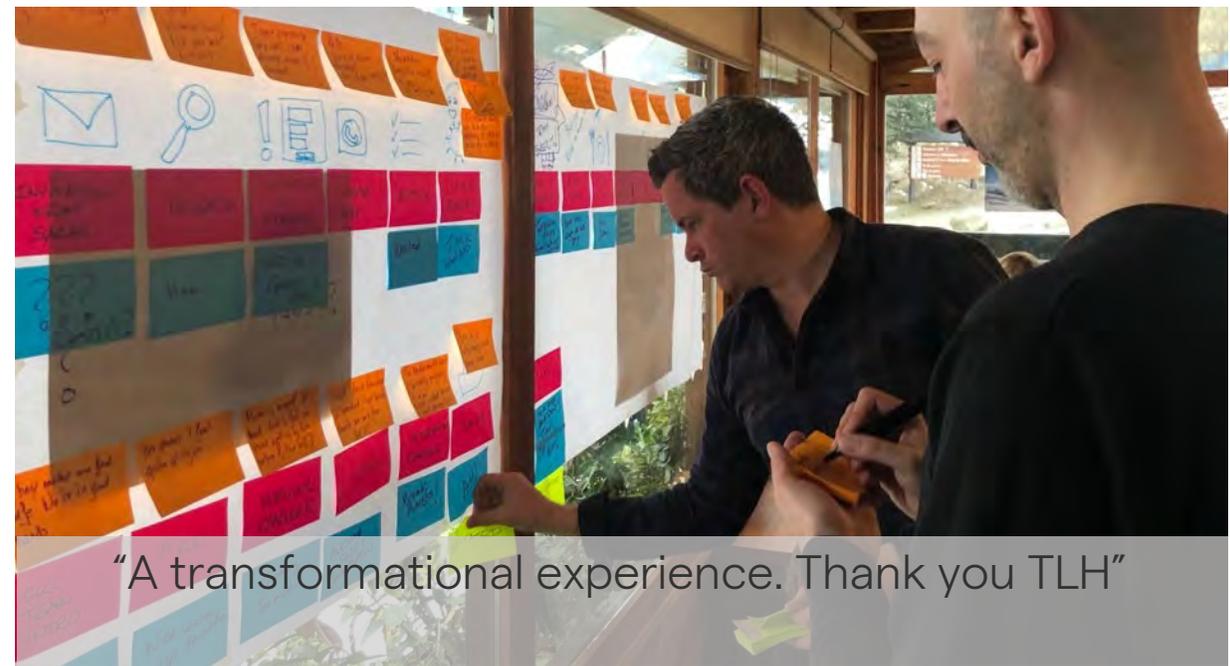


“ This has been the most unique leadership experience I have participated in. From the moment we started to the moment we all left, we were learning about ourselves and importantly learning from each other. We had an incredible group of people that came together and connected from a variety of businesses and roles which I found to be very powerful.

TLH, thank you for such an inspirational week – the blend of being in an active classroom both inside & outside; exploring confidence and challenge to enable me to achieve more is simply amazing ” (TLH Altitude client 2020)



“Brilliant to combine physical and mental challenge”



“A transformational experience. Thank you TLH”



“Now I understand the power of collective confidence”



“It’s got me turning obstacles into opportunities”



Who Can Attend?

TLH Altitude is open to all individuals who want to fuel their performance in 2023.

All abilities are welcome from experienced to those who have never skied

We meet you
where you are and
take you further





Outline Itinerary

Monday March 6

- Travel and transfers
- Check-in and kit
- Opening session
- Dinner

Tuesday March 7

- Breakfast
- Team sessions inside and outside
- Team Lunch
- Team sessions inside and outside
- Dinner at hotel
- Evening session
Mel Marshall

Wed March 8

- Breakfast
- Team sessions inside and outside
- Team Lunch
- Team sessions inside and outside
- Dinner at hotel
- Evening session
Prof Robertson

Thurs March 9

- Breakfast
- Team sessions inside and outside
- Team Lunch
- Team sessions inside and outside
- Dinner in resort
- Evening session

Friday March 10

- Breakfast
- Departures





TLH Altitude TEAM



Sally

Sally is passionate about people leadership and has always focused on attracting, inspiring and developing people and creating strong teams. She has over 25 years' leadership experience across all aspects of commercial pharmaceuticals including GSK where she was VP and General Manager in multiple territories. Sally was also the first female commercial leader of any pharmaceutical company across the GCC (Saudi Arabia, UAE, Kuwait, Bahrain, Oman, Qatar). Prior to this she spent 5 years in FMCG (PepsiCo) and was COO in one of the UK's leading marine conservation charities and is a Board NED.



Sarah

Sarah is the Founder of The Leadership High (TLH). She spent 25 years leading change for some of the world's number one brands. With a degree in sport, Sarah was instrumental in the growth and development of the Nike women's retail business in the UK and Europe and went on to work as a senior leader for GSK and the world's leading Investment bank, Goldman Sachs. Sarah is passionate about helping leaders and teams access and activate confidence in themselves and others and founded TLH. She is a Neuroleadership coach and has worked with leaders, groups and teams across multiple geographies & industries.



Simon

Simon started his career as a Bomb Disposal Officer in the British Army. His experience on various operational tours gave him a personal insight into leadership in adversity and managing risk where the stakes are high. After leaving the Army, Simon went on to be a project specialist for Mace Ltd, working on large construction projects such as the Shard in London. He also worked as a senior manager and trustee within the charity sector before turning to consulting and executive coaching. Simon now specialises in facilitating leadership development programmes for The Leadership High. He is an Army Reservist and also runs leadership programmes for the Army Reserves. Simon is a serial adventurer having led operations and expeditions around the world. He is a fellow of the Royal Geographical Society and was awarded an MBE in 2019.



Professor Ian Robertson TLH Academic Partner

Ian Robertson is Professor Emeritus in Psychology at Trinity College and was the founding director of Trinity College Institute of Neuroscience.

He is Co-Director of the Global Brain Health Institute, a Member of the Royal Irish Academy and a Member of Academia Europea. He is a highly-cited researcher on the brain's attention systems and his most recent of a series of widely-translated popular science books is *How Confidence Works: the new science of self-belief*. Professor Robertson is a member of the TLH Team.



Melanie Marshall MBE TLH Belief Partner

Mel is National Lead Coach for British Swimming. She is an award-winning elite sports coach who has overseen grand slam winning Adam Peaty's rise to the top of the international swimming stage since he was 14 years old. Mel has coached Adam to become the fastest human in history at breaststroke, bringing gold medal success at every level - Olympic, World, European, Commonwealth and British.

Mel herself is a double Olympian and is a Belief Partner at The Leadership High. She has a BSc in Sports Science and an Honorary Doctorate from Loughborough University.

Mel is first and foremost a people coach and is passionate about taking people and teams in pursuit of better.





Things to know

- TLH coaching and materials included
- Accommodation for 4 nights in en-suite room (own room)
- All food included (breakfast/lunch/dinner)
- Dedicated ski team for all levels
- Equipment (skis/poles/boots/helmet/pass)
- Transfers - 6th March 2023 from Toulouse airport to hotel
- Transfer - 10th March 2023 from hotel to Toulouse airport

- The location is Baqueira Beret, Spain
- Flights - Toulouse Airport is 90 minute transfer to the resort of Baqueira Beret
- You will need ski/travel insurance
- Alternate transfers can also be arranged from Toulouse or Barcelona Airports to Baqueira Beret, Spain



**Challenge your limits,
don't limit your challenges.**



**Please get in touch if
you would like to
know more details and
costs.**

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