



Discover and enjoy your

# SURVIVAL MINDSET

The perfectly positive event



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# HAVE YOUR TEAM GOT THE SURVIVAL MINDSET?

Of course they have. We all have. It's tied up with the flight-or-fight response. That pumped-up feeling we get when we realise we're in trouble. We use the survival mindset far more often than you might think.

At work. There's a crisis brewing. Amongst all the urgent tasks to be completed, one project must be signed off in the next few hours. The team leader has been taken ill, and we're short of people. How should we prioritise?

The question isn't whether we have the survival mindset. It's - how well do we use it? There's no better way to improve your people's response to challenge than with a half or full day with ...

## **John Sullivan**

Explorer | Survivalist | Inspirational Speaker

Working with John, your teams will learn how to:

- work better under pressure
- thrive in unfamiliar environments
- adapt to change
- meet new challenges

All this - while having enormous fun.



# MEET THE MINDSET MAESTRO

John Sullivan is the mindset maestro. Few men understand better the art of the positive mindset - how to turn a negative into a positive. And few men are better at imparting this mindset to others.

For nine years, John was a Royal Marines Commando. He has operated in the world's most challenging environments - jungle, desert and arctic. John's passion is to explore with a sense of purpose. This passion has taken him to some of the remotest corners of the planet. He has researched and set up factual programmes for the BBC and the National Geographic Channel. He has also led numerous life-changing conservation expeditions for young people to Namibia, Belize and Borneo. John understands the survival mindset like few others.

The benefits of a course with John Sullivan are almost incalculable. Choose either a half-day or full-day course. Whichever you choose, the structure will be the same, with the event being divided into three distinct parts -

**A presentation.** John Sullivan is not only an experienced and resourceful survivalist. He's also a master story-teller. Taking his audience on a journey of adventure, suspense and discovery, he brings together a wealth of personal experiences.

John's engaging style will encourage your people to reflect on and evaluate their own professional and personal experiences. He helps us not to fear change or adversity, but to embrace it - to learn that they are a part of life - that being a victim is a matter of choice.

# THE SURVIVAL MINDSET?

John's presentation will cover the following topics -

## **Creative Thinking & Risk Taking**

How a quick, agile mind can help us out of a challenging situation.

## **Self-Discipline & Preparation**

How getting into the habit of carrying out small routine tasks helps avoid problems in the future.

## **Overcoming Adversity**

There's nothing like a period of sustained tropical isolation to appreciate how 'stickability' will always see you through.

## **Leadership & Fostering Morale**

Learning to accommodate different character types with the group – making each one feel valued.

## **Embracing Change**

Learning how change is not to be feared but welcomed – change can be a genuine life-enhancing experience.

## **The Courage to Be Yourself**

John has learned how it only takes a few steps along a path of your choosing to gain a winning mentality, unbeatable confidence and self-esteem.



# THE PRACTICAL SESSION

## HALF-DAY COURSE - 3 HOURS

## FULL-DAY - 6 HOURS



This is where the work (and the fun!) really starts. Your teams will carry out a variety of outdoor challenges and tasks related to the mindset topics covered in the presentation. Examples include -

- Snake pit challenge
- Water source challenge
- Navigation / search and rescue skills
- Shelter building
- Plane crash exercise
- Search and rescue exercise

Groups will be divided into teams of equal number. Challenge zones will be set up in which each team must rotate around until all challenges have been completed.

Teams will aim to successfully complete tasks. This will earn them Jungle Dollars, with the team earning the most Dollars being declared Survival Champions.

Your teams will receive all the equipment and instruction they need to ensure a real life and safe experience for all abilities. Instructors on the day will be former military survival experts with experience of all conditions from arctic to jungle and everything in between.

# DE-BRIEF AND PRESENTATIONS



## **The venue?**

You decide. Any suitable outdoor venue, preferably with woodland.

All activities can be run on a grass lawn.

## **AV set up**

A light projector and speaker system will be required for the presentation.