



**PROFESSIONAL**

# DEVELOPMENT PATHWAY

## TIMEFRAME

## WHAT

## WHY

6-8 WEEKS  
PRE-COURSE



Online psychometric profiling.

- 360 feedback questionnaire
- Working styles questionnaire

- Provides you with greater self-awareness
- Identify areas to develop and to leverage

- Understand how you like to work and relate

ON-COURSE



5 days of:

- Individual and team physical challenge
- Leadership workshops
- Psychometric debriefing
- Reflection time
- Action planning

Develop greater:

- Self awareness
- Self belief
- Resilience
- Courage

- Vulnerability
- Communication
- Empathy
- Connection to nature and others

6-8 WEEKS  
POST-COURSE



Coaching session with an Outward Bound experienced coach - virtual or by phone.

Support you to build on your course experience and implement the plans you've made to ensure your growth is sustainable.

QUARTERLY  
THROUGH  
THE YEAR



Outward Bound Professional alumni e-newsletter.

Provide you with the latest thought leadership to support your further development.

