

# APEX NORTH BUSINESS COACHING

# 2023 LEADERSHIP SUMMIT

# COSTA RICA



## ONE WEEK OF PURE CLARITY

Disconnect from the chaos to reconnect with your self, your purpose, and reignite your authentic leadership

## TRANSFORMATIVE GROWTH

Not your typical business retreat. Grow beyond your leadership edge in coaching sessions, small group, and deep personal work in the serenity of Costa Rica.

## LIKE-MINDED LEADERS

Discover a dynamic, supportive, and like-minded community of business leaders who have been in your shoes. Who know that to scale higher, you must dig deeper.



JAN 31 - FEB 5, 2023





# ABOUT THE SUMMIT

Reconnect with your purpose, ignite your most audacious vision, and create a plan to crush it in the year ahead.

## ONE WEEK OF CLARITY INCLUDES:

### ***Dynamic Visioning & Coaching***

Daily coaching sessions led by experienced CEO and coach Glen Dall designed to expand your leadership edge, ignite your authentic vision, and clear your focus for growth.



### ***Luxury Accommodations***

5 nights, 6 days of immersion in Costa Rica's natural beauty. Our accommodations will be chosen depending on number of participants. Past Summit venues have allowed access to jungles, beaches, waterfalls, and all Costa Rica has to offer.



### ***Exploration, Adventure, and Play***

Our agenda includes built-in time to explore the Costa Rican "pura vida" lifestyle. Hiking, mountain biking, surfing, cultural experiences, yoga & meditation are just a few activities the Summit has included in the past.



### ***A Supportive Community***

As you dig deeper to scale higher, you will be supported by a community of like-minded business leaders who have been in your shoes, know your pains, and share your desire to grow.



Registration Open ● Packages from \$4000 per person

[APEXNORTHCOACHING.COM/SUMMIT2023](https://APEXNORTHCOACHING.COM/SUMMIT2023)  
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# 2023 LEADERSHIP SUMMIT AGENDA

JANUARY 31 - FEBRUARY 5, 2023



## DAY 1: IMMERSION

### Arrive & Get To Know Each Other (Half Day)

- Arrive at lodging (resort or private retreat residence)
- Welcome Reception: snacks & beverages
- Welcoming Address: Glen Dall, CEO, Apex North Business Coaching
- Take The Plunge: break the ice and dive deep with our cohort of like-minded leaders
- Dinner with Cohort



## DAY 2: AWARENESS

### Breaking Barriers & Getting Vulnerable

- Morning Activity (ex: yoga, hiking, mountain biking)
- Full Breakfast
- Workshop: Check Your Leadership Baggage
- Lunch
- Workshop: Let Go of The Baggage; What's Left?
- Individual Reflection & Deep Work
- Dinner



## DAY 3: FREEDOM

### Who Am I? Why Do I Do What I Do?

- Morning Activity (ex: yoga, meditation, group excursion)
- Full Breakfast
- Workshop: Your True Core Purpose & Operating Values
- Lunch
- Workshop: Blueprint for Your True Leadership Style
- Dinner



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**JANUARY 31 - FEBRUARY 5, 2023**



## **DAY 4: VISIONING**

### **Goal Setting & 1 Year Plan**

- Morning Activity (ex: yoga, group hike)
- Full Breakfast
- Workshop: Resilience Rituals & 1 Year Goal
- Individual Reflection: Your Personal Summit
- Lunch
- Workshop: 1 Year From Today
- Personal Action Plan & Accountability
- Dinner
- Music & Celebration



## **DAY 5: PLAY**

### **Explore, Adventure, Embody**

- "Free Day" to explore as you like
- Options include spa treatments, cultural experiences, hikes, mountain biking, or jungle excursions
- Cohort Dinner at local restaurant\*

\*One alcoholic beverage is included in ticket



## **DAY 6: RECOGNITION**

### **Recognize Your Achievement (Half Day)**

- Full Breakfast as Cohort
- Closing Ceremony: Recognition of Growth
- Depart Summit Venue

**REURN WITH CLARITY OF SELF, PURPOSE AND VISION**

**LEARN MORE & RESERVE YOUR SEAT**  
**[APEXNORTHCOACHING.COM/SUMMIT2023](https://apexnorthcoaching.com/summit2023)**



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# LEADERSHIP SUMMIT FREQUENTLY ASKED QUESTIONS

**JANUARY 31 - FEBRUARY 5, 2023**

## *Does my ticket include flights to Costa Rica?*

No, it does not. You will be responsible for booking your own flights from your home city to San Jose airport (SJO). Ground transport from SJO to our lodging is included in your ticket.

## *When should I plan to arrive and depart?*

Once our lodging is confirmed, Apex North will be in touch with specifics about when and how to book your arriving and departing flights.

## *How do I get from the airport to the Summit venue (and back again)?*

Once you've arrived at the airport in Costa Rica, we will take care of the rest. You and your luggage will be transported from San Jose airport (SJO) to our lodgings via ground transport.

## *Do I need travel insurance? Is there a company you recommend?*

It is highly recommended to purchase travel insurance for trips to foreign countries. You may be able to purchase travel insurance through the credit card company used to book your plane tickets. Since the Summit will include jungle / cloud forest excursions, travel insurance should include medical evacuation.

We recommend Global Rescue Insurance. This includes:

- Medical and Field Rescue
- Security Membership & Alerts
- Medical Advisory Services
- Mobile App

## *I've never been to Costa Rica. What should I expect?*

Costa Rica is a beautiful rainforested Central American country with coastlines on the Caribbean and Pacific. It is known for its pristine beaches, volcanoes, and biodiversity. Its capitol is San Jose, and its official language is Spanish. Prior to Covid-19, it is estimated that approximately 1.4 million Americans visited Costa Rica every year.



**JANUARY 31 - FEBRUARY 5, 2023**

*How much will we be outside during the Summit?*

This will vary depending on the type of lodgings booked. In the past, our retreat venues have been situated in rain- or cloud-forested remote settings, with rooms and amenities similar to a luxury hotel. There will be time to lounge and relax, dine in restaurants, and explore the surrounding nature. Rooms are air-conditioned, but you will be in a warm, humid environment shared with wildlife.

*Can I bring my partner, spouse, friend, co-founder or leadership team?*

The summit is specifically designed for individuals seeking to deepen their purpose and leadership qualities in business and life. If you are booking as a pair, both individuals considering the Summit must review all information individually and ensure the desire to attend is mutual and conscious of the deep personal nature of the work.

This means fully participating as an individual business leader during Summit programming.

If you have questions or would like to know more, please reach out.

We encourage CEOs, Owners, and business leaders to bring your co-founder, business partner, or leadership team for this life-changing experience. We would love to talk further about the ways in which this experience can help your team build trust, address dysfunction, and deepen your effectiveness and authenticity as a business.

*Is there a payment plan option?*

Yes! We are happy to provide the option to pay in installments. Please discuss when finalizing your registration and booking. A \$1000 USD down payment is required at registration.

*If I purchase a ticket, and can't attend for some reason, can I get a refund?*

You may cancel your reservation at any point before July 31st, 2022 and receive a refund less 20%. Any cancellations following 7/31/2022 cannot be refunded.

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