



# A Call to Adventure

## The Hero's Journey

[www.acalltoadventure.com](http://www.acalltoadventure.com)



**MOUNTAIN  
VISION**



*The Institute of  
Applied Human Excellence*



**SUMMIT<sup>OF</sup>  
EVEREST  
GROUP**



# MOUNTAIN VISION





# A Call to Adventure: The Hero's Journey

Our Mission is to help you discover the hero within and create your own “Hero’s Ethos” that drives your commitment to excellence and behavior on a personal, interpersonal, and community level.





# Heroes vs. Leaders

We are all leaders to some extent in our lives. Through our work, our families, our friends; we provide guidance, serve, and influence.

Heroes though, choose to be something more. They are committed to the exceptional—beyond their own self-interest.

Anyone can be a hero in their own lives. It is not a birthright. It is a choice!

Hero's have an "ethos" or "philosophy", that guides their behavior on a personal, interpersonal, and team level.

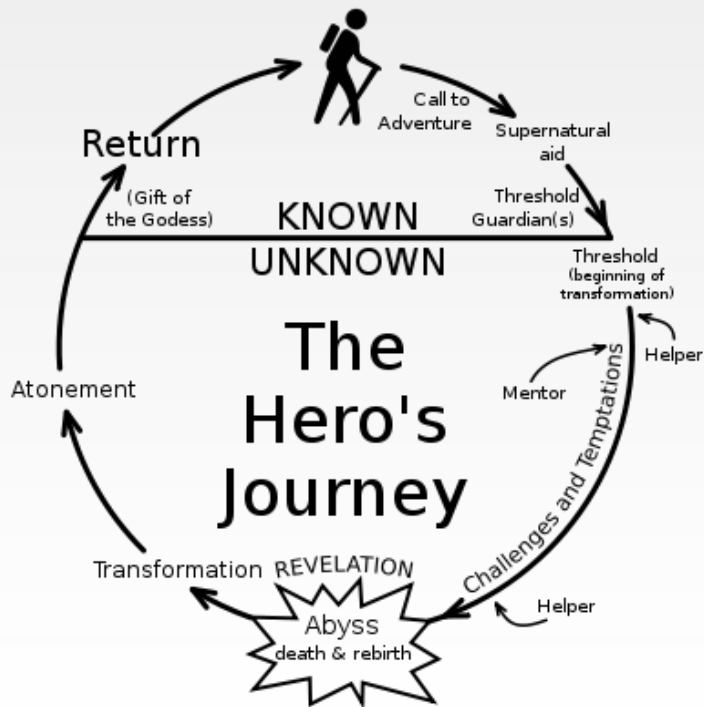
To develop your own ethos and become a hero in your own life, you just have to answer the call... and enter the journey!

- The Hero's Ethos emerges from four core elements:
  - Beliefs and Principles
  - Attitudes and Perspectives
  - Qualities and Virtues
  - Rules and Standards
- We have adapted Campbell's Hero's Journey and developed a unique methodology, which, paired with the mountains provides a context for personal challenge, awareness, understanding and transformation at the personal, interpersonal, and team level...



# The Hero's Journey

- “The cave you fear to enter holds the treasure you seek.”
- Joseph Campbell



# A Call to Adventure Methodology



## Participant

- Understanding & Knowledge
- Beliefs & Principles
- Attitudes & Perspectives
- Qualities & Virtues
- Rules & Standards



## Adventure

- Trekking Challenge
- Mountaineering Challenge
- Team Challenge



## Finding the Hero Within

- Assets & Liabilities: Individual, Interpersonal, and Team
- Living your Hero's Ethos
- A Single Act of Change

Individual, Interpersonal, Team Influence and Commitment

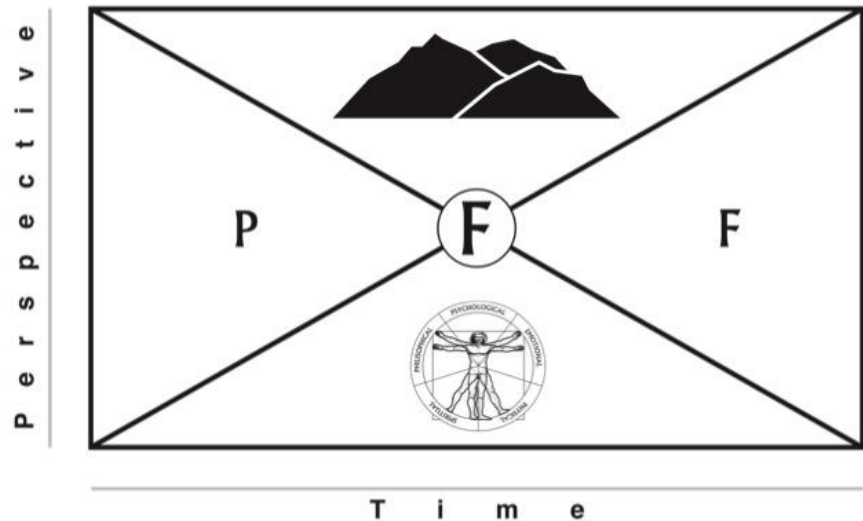


# Performance Methodology

To discover the hero within, you must be fully engaged as your best self (in Flow (F)).

Flow comes from maximizing your assets and minimizing your liabilities from your Past (P), Future (F), External, and Internal perspectives.

The mountains, the individual, the interpersonal, and the team are key perspectives through your Call to Adventure.





# Day 1: Personal and Interpersonal Challenge

Intra Challenge Debrief

**Personal Challenge: Ascending a 14'er**  
Finding Your Flow - Personal  
Exploring your Assets and Liabilities

**Interpersonal Challenge: Working with Teams**  
Group Discussion based  
Exploring your Assets and Liabilities



Base Camp: Debrief and Transformation Review





# Day 2: Interpersonal and Team Challenge

Interpersonal and Team  
Challenge Debrief

**Interpersonal Challenge**

Mountaineering Skills  
Working in teams



**Team Challenge**

Team Mountaineering Challenge  
Exploring your Assets and Liabilities  
at the interpersonal and team levels

**A CALL TO  
ADVENTURE**

Base Camp: Debrief and Transformation Review



# The Return: Living the Hero's Ethos

Goal:

Draft your "Hero's Ethos"

Define, implement, and live a  
Single Act of Change

Commit to living your "Hero's  
Ethos"

