



**HOLDING
THE
EDGE**
POWERED BY FCCS

HOLDING THE EDGE

The Expeditionary Sea-Kayaking Experience

Place yourself in an active learning environment and develop professional insights where leadership principles merge with the dynamic challenges presented through a sea-kayaking expedition.

Holding the Edge highlights how to lead in a dynamic environment, considering multiple variables and accommodating multiple perspectives. The group learning environment will be challenging and will offer *immense and opportunities for feedback and growth.*

SESSIONS

CHANGE YOUR ENVIRONMENT OR CHANGE YOUR CIRCUMSTANCES: ONBOARDING AND SENSE OF PLACE

Leadership Focus

Expedition behavior. How personal goals align or may conflict with the group's overall mission. Establish expedition behaviors for the cohort.

Open to Opportunity.

TECHNICAL COMPETENCY: Where are you and are where are we going; introduce Cape Lookout National Seashore and discuss what we need to do to prepare for a successful expedition. The emphasis is placed on exercise in all types of weather conditions.

YOUR HALL FILE: COURSE NAVIGATION

Leadership Focus

Team leadership. The importance of understanding where we are and the growth and opportunities we look to achieve. How does your past influence your current perspective, and how does that shape your ability to work with others?

Let Go to Gain.

TECHNICAL COMPETENCY: Introduce how to read charts and navigational aids. The emphasis is placed on how to read the landscape to your advantage.

Holding the Edge is a hybrid learning experience culminating in a five-day sea kayaking and camping challenge. Participants develop professional insights where leadership principles merge with the dynamic challenges presented through the sea kayaking expedition.

OUT STANDING OR OUTSTANDING: CHALLENGE AND SKILL

Leadership Focus

Psychology of Flow. How we position ourselves for growth and optimal experiences when our skill matches the challenge.

Plan to Perform.

TECHNICAL COMPETENCY: Introduce thermoregulation and hygiene; discuss the importance of the technical side of self-care. Instruct the skill of proper layering. The emphasis on mission success directly correlates to the importance of keeping your body's core temperature in check.

STOKE THE FIRE: NUTRITION FOR THE MIND AND BODY

Leadership Focus

Stress Forecasting. How do we prepare ourselves for the challenges ahead. Align to Listen.

TECHNICAL COMPETENCY: Introduce the importance of nutrition on an expedition—type of food, fats, proteins, caloric intake, hydration. The emphasis placed on the body's ability to function well will only happen if it is receiving the right fuel.

DUFFLE SHUFFLE: HAVE A PLAN FROM WHICH TO DEVIATE

Leadership Focus

Expeditionary Engagement Response. With the understanding not to make assumptions, ask more questions than give answers, adapt when necessary.

Let Go to Gain.

TECHNICAL COMPETENCY: Introduce the importance of the pre-flight checklist to ensure everyone is on the same page. Conduct a review of everyone's personal checklist of gear and equipment.

PROGRAM FORMAT

Virtual Learning Sessions



This program begins with five virtual sessions that cover expedition expectations and essential technical skills, as well as key leadership concepts like planning and forecasting, adaptation and communication.

Five Day Sea-Kayaking Expedition



The technical portion of this program takes place at Cape Lookout National Seashore, located along the North Carolina coast. The location provides opportunity to learn how to sea kayak in the shallow waters of the sound, and depending on conditions, the coastal waters of the Atlantic Ocean.

REGISTRATION INFORMATION

Visit <https://www.fccsconsulting.com/leadership-development/holding-the-edge>.

For more information, contact John Regentin, Director, Gettysburg Leadership Experience.

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