



## The Spirit of Kokoda

Leadership and Team Development for Executives  
delivered by Patrick Lindsay  
with Brian Freeman and Allan Forsyth

In one of the seminal stories in Australia's short history, a small band of young Australian soldiers drew on a remarkable inner spirit to overcome seemingly insurmountable odds to defeat the Japanese on the Kokoda Track in Papua New Guinea in WWII, saving Australia from invasion.

Understanding the Diggers' spirit makes us realise that our preconceptions of our limitations are baseless – nothing more than cautiously-drawn lines guided by self-protection and the fear of the unknown.

The spirit of Kokoda shows us: that leadership comes from within; that the boundaries our minds place around our possibilities are illusions; and that we are only limited by our imagination and our courage.

### Who should attend

Managers, team leaders, aspiring leaders.

### Program outline

*The program has three main elements:*

#### The Spirit of Kokoda ... Then

- Keynote Address: 'The Spirit of Kokoda'
- The Essence of the spirit which enabled the Diggers to succeed
- The Elements of that spirit: courage, endurance, mateship, sacrifice, leadership



#### The Spirit of Kokoda ... Now

- How we can draw on the spirit: to help us in our personal and business lives; to bring out the inner leader in us; and to help us push through our boundaries and set new directions.
- 'Behind the Scenes' - an experiential team-based learning exercise, using a fact-based scenario from the Kokoda story to enhance group discussion, teamwork, problem-solving and decision-making skills and group synergy.

#### The Spirit and Me ... Finding the Inner Leader

- An interactive group discussion on how we all walk our own "personal Kokoda Tracks" and how we can use the Spirit in our lives and work.
- A series of interactive activities exploring the elements and styles of leadership and personal strengths and weaknesses.
- A discussion of the importance of inner leadership with guidelines to develop our skills to enable us to take control of our destinies.



### Program details

**Location** - Wolfe's Grill, 17 Circular Quay West, The Rocks, Sydney

**Timing** - 10 am to 8 pm on August 5th, 2005, including a workshop and a dinner circle

**Price** - \$1320 inc GST



# Institute of Human Excellence

*Cultivating Human Excellence in People and Organisations*

## Benefits to participants

- Learn a simple and effective model to help face and overcome obstacles
- Define and enhance leadership skills
- Gain a clear understanding of teamwork and team synergy
- Enhance communication skills and develop abilities to inspire and motivate
- Explore personal strengths and weaknesses and develop inner leadership skills



## Benefits to organisations

- Improved performance by enhanced individual and team skills in leadership, management and communication
- Improved morale through personal growth and motivation
- Improved teamwork through enhanced skills and individual inner leadership
- Enhanced corporate culture through understanding Australia's heritage

## Patrick Lindsay's background

After a long career as a journalist and television presenter, Patrick is now one of Australia's leading non-fiction authors, having written four consecutive best-sellers since 2002: *The Spirit of Kokoda*; *The Spirit of The Digger*; *Back from the Dead*; and *It's Never Too Late*.

Patrick is also a sought-after inspirational speaker who delivers keynotes and conducts workshops for leading corporate clients around Australia and overseas.

Previously, Patrick was one of Australia's top TV all-rounders, having served for more than twenty years as reporter, presenter, producer, writer and director on programs including *Today*, *Sunday*, *Wide World of Sports*, *Sports Sunday*, *Sex, Money, ACA*, *Today Tonight* and the 2000 Olympics.



## Brian Freeman

A former Australian Army Commando who was one of the first two Operations Officers deployed to East Timor with General Peter Cosgrove's INTERFET Force in 1999, Brian left the Army after 20 years to establish Executive Excellence, a Brisbane-based leadership and training company catering for the 'executive adventurer'.

EE is now a world leader in executive adventure and training programs offering a complete range of programs, from diving with sharks to climbing Mount Kilimanjaro and including trekking the Kokoda Track. Brian is a veteran Kokoda trekker and holds the world record for the fastest Track crossing - 24 hrs 59 mins 26 seconds in September 2004.

Brian has extensive practical and theoretical experience in developing leadership and teamwork.

## Allan Forsyth

Allan served with the Australian Special Air Service (SAS) Regiment for more than 20 years, rising to the key role of Regimental Sergeant Major. As RSM Allan was responsible for planning, organising and conducting the SAS's complex and demanding training schedule.

Allan is known and respected throughout the armed forces and received the Medal of Australian for his services to the SAS.

He works with Brian Freeman at Executive Excellence and oversees the company's adventure and leadership programs.



## For more information

Contact **Alex Feher**  
telephone +61 (0) 2 8211 0618  
facsimile +61 (0) 2 8211 0555  
mobile +61 (0) 419 605 309  
email [alex@ihexcellence.org](mailto:alex@ihexcellence.org)

IHE Australia  
Level 31 ABN-AMRO Tower  
88 Phillip Street  
Sydney NSW 2000