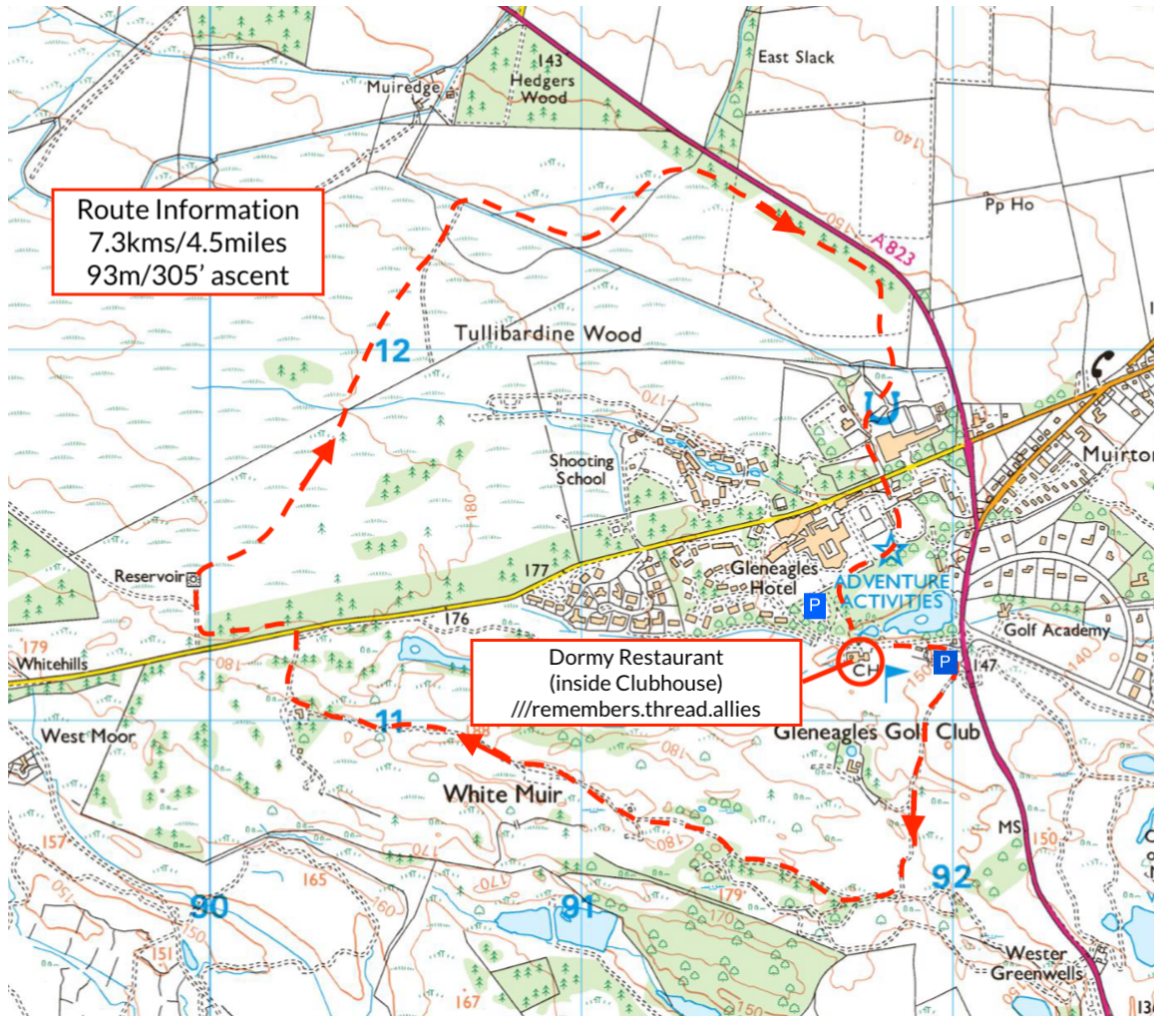




FRESH AIR BUSINESS WALK
GLENEAGLES, FRIDAY 15th MARCH 2024



Route Information
7.3kms/4.5miles
93m/305' ascent

Dormy Restaurant
(inside Clubhouse)
///remembers.thread.allies

Hello!

Gathering	Dormy Restaurant in the Clubhouse at Gleneagles Hotel at https://w3w.co/remembers.thread.allies
Rail Station	Gleneagles Rail Station https://w3w.co/circle.unrated.heavy
Car parking	https://w3w.co/prowling.managed.voltages and https://w3w.co/tolerable.shuts.cherish (2 mins walk).



Brews & Butties	We will underwrite the cost of these. However if anyone would like to sponsor these (whole or in part) we will give you lots of shout outs across LinkedIn, Instagram, Facebook, and Twitter – before and after the walk.
Timings	Gathering from 10:00. Setting off 10:45. Back by 13:45.
Route	It's a cracker of low-level, pretty flat walk. See information on the map above. We will skirt a championship golf course with wonderful views over to the Ochil Hills to the south before heading north across open moorland with views over to several mighty Munros, returning to Gleneagles Hotel along a woodland walk.
Leaders	Dave Stewart & Rachel Miller. You can read about us at the Annex

So, who is coming?

1. Canine Chums. If you bring your canine chum with you, ensure you carry water (there are no streams on our route), have a windproof/waterproof coat, and keep him/her under control.
2. Humans. We have the happy throng at Annex A. Please connect with one another on LinkedIn.

What will we be doing?

3. The walk is an opportunity to get some headspace, connect with fellow business leaders, make sense of where you are at, and explore potential opportunities together. Previous participants have used it to red team a pitch or plan. And also to have a social blether, enjoy amazing scenery and breathe fresh air!
4. Part-way round, there will be an opportunity for anyone to ask something specific of the group e.g., introductions into a market segment, marketing ideas, supplier recommendations, action-learning support around a particular business challenge etc. Be as specific as possible. Not everyone will have an ask and that's absolutely fine.



5. We will be walking and talking at a pace which allows for easy conversation, and there will be plenty of stops to grab a snack or a bit of lunch and admire the fabulous views.

What about clothing and equipment?

6. Scotland in March! Don't skimp on the list below ☺
- Rucksack with waterproof inner bag (a carrier bag or bin liner will work fine).
 - Personal medication/comfort items.
 - Warm beanie and gloves.
 - Waterproof jacket and waterproof over-trousers.
 - Spare layer for stops.
 - Comfortable walking boots or trail shoes with good grip.
 - Drink/snacks/packed lunch. One litre fluids minimum.

Toilets

7. There are toilets in the Dornoy Clubhouse. Thereafter, it will be "moments in Nature."

Weather

8. The walk will go ahead unless exceptional and dangerous weather conditions is forecast, such as very high winds and/or electric storms, or there is deep snow! Rachel and I will make a weather call 36 hours before.

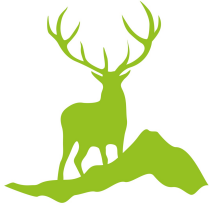
Health & Safety

9. Rachel and I are both experienced national governing body qualified Mountain Leaders and outdoor first aiders. Rachel will be carrying a first aid pack.

10. **Please let me know in advance of any medical conditions or injuries you have.** This will allow us to plan the day/provide the best possible support.

11. We will be walking on established paths, potentially muddy in places, and some short stretches of tarmac. We will point out any hazards as we go.

12. Please bring any medication you are going to need.



GDPR

13. We would like to use respectful images from the day to support our marketing activities. Please let me know if you are not comfortable with this. We will of course be happy to share any images we take for you to use likewise.

Right then...

14. Really looking forward to seeing you soon. Ahead of this we will be back in touch with a "7 Sleeps to Go" update. In the meantime, please let me know about:

- Injuries or medical conditions.
- Anything else we need to know to plan the best possible support for you.

15. We will be back in touch again with a "7 Sleeps to Go" email with an updated group list and any other final items of information.

Dave

Dave Stewart
Founder & Chief Executive
Mobile: +44(0)7776153428
Email: dave@freshairleadership.com

11th March 2024

Annexes:

- A. Group List.
- B. Bio Notes.



1	Gordon Mackellar	https://www.linkedin.com/in/gordonmackellar/ Prime Design Projects Ltd
2	Kingsley Neil	https://www.linkedin.com/in/kingsley-neill-48196636/ Fulcrum Executive Coaching
3	Simon Bergenroth	https://www.linkedin.com/in/simonbergenroth/ 3 Hats
4	Graham Garven	https://www.linkedin.com/in/grahamgarven/ Graham Garven Solutions Ltd
5	Pete Thomson	https://www.linkedin.com/in/petethomson-kmssoft/ KM Soft
6	Issy Warrack	https://www.linkedin.com/in/issy-warrack/ Wellness EQ
7	Dr Estrelita van Rensburg	https://www.linkedin.com/in/estrelita/ Wellness EQ
8	Julie-Anne Griffith	https://www.linkedin.com/in/julie-anne-g-2459813/ Equi-Scotia CIC
9	Tracy McCormack	https://www.linkedin.com/in/tracy-m-9849b8129/ Hey Girls
10	Jo Weston	https://www.linkedin.com/in/joweston1/ YoJo Marketing
11	Gill Carrie	https://www.linkedin.com/in/theleaderscenter/ Gill Carrie & Company
12	Steve McKenzie	https://www.linkedin.com/in/stephenamckenzie/ The Crafty Connoisseur
13	Johnny Mitchell	https://www.linkedin.com/in/johnny-mitchell-9a203914/ Caspian Psychology
14	Fraser Morrison	https://www.linkedin.com/in/fraser1000steps/ 1000-Steps Corporate Sales Modelling
15	Steven Bonthron	https://www.linkedin.com/in/stevenbonthron/ Steven Bonthron Personal Training
16	Daniel Field	daniel.field@agilico.co.uk Agilico
17	Hannah Nordlund	https://www.linkedin.com/in/hannahnordlund/ Koinly
18	Rickie Tank	
19	Louise Barnes	https://www.linkedin.com/in/louise-barnes-9897a6a4/ Team HOi
20	Dave Stewart Co-Leader	https://www.linkedin.com/in/freshair-dave-stewart/ Founder & Chief Executive The Fresh Air Leadership Company
21	Rachel Miller Co-Leader	https://www.facebook.com/RachelRobertsoutdoor/ Owner, Rachel Robert Outdoors



Dave Stewart



Dave is founder and chief executive of The Fresh Air Leadership Company. He and colleagues specialise in helping business leaders build highly effective teams.

His passion for this stems from earlier experiences and careers in a rock band, mountain rescue team, and the British Army (including the SAS, leadership of an infantry battalion on operations, and complex matrix organisations delivering £1bn portfolios of comms and information systems projects and services). He has also held executive and non-executive roles across private, public, and not for profit organisations.

Dave is a Chartered Director and holds an MBA and Masters of Organisational Change. He is an experienced consultant, facilitator, and coach. He is also a qualified Mountain Leader.

Copyright © 2022. The Fresh Air Leadership Company (UKTM No. 3393322) is a trading name of The Fresh Air Learning Company Ltd (UKTM 3270841). Registered address: First Floor, Templeback, 10 Temple Back, Bristol BS1 6FL. Registered number: 0762802

Rachel Miller



Perthshire-based Rachel delivers outdoor learning to rural and inner-city primary schools for children who might not usually get this opportunity. She is also founder of Rachel Roberts Outdoors, is an established member of one of Scotland's busiest mountain rescue teams and is an experienced Fresh Air Leadership Company support facilitator.

A qualified gym instructor, first aider, and outdoor leader with a professional interest in the therapeutic benefits of engaging with Nature, Rachel is passionate about helping her clients - children and adults - get the most out of Scotland's amazing spaces.

"I love introducing people to the joys of climbing, hill walking, mountain biking, and all forms of paddle sports, but no-one more so than my baby daughter!"

Copyright © 2022. The Fresh Air Leadership Company (UKTM No. 3393322) is a trading name of The Fresh Air Learning Company Ltd (UKTM 3270841). Registered address: First Floor, Templeback, 10 Temple Back, Bristol BS1 6FL. Registered number: 0762802