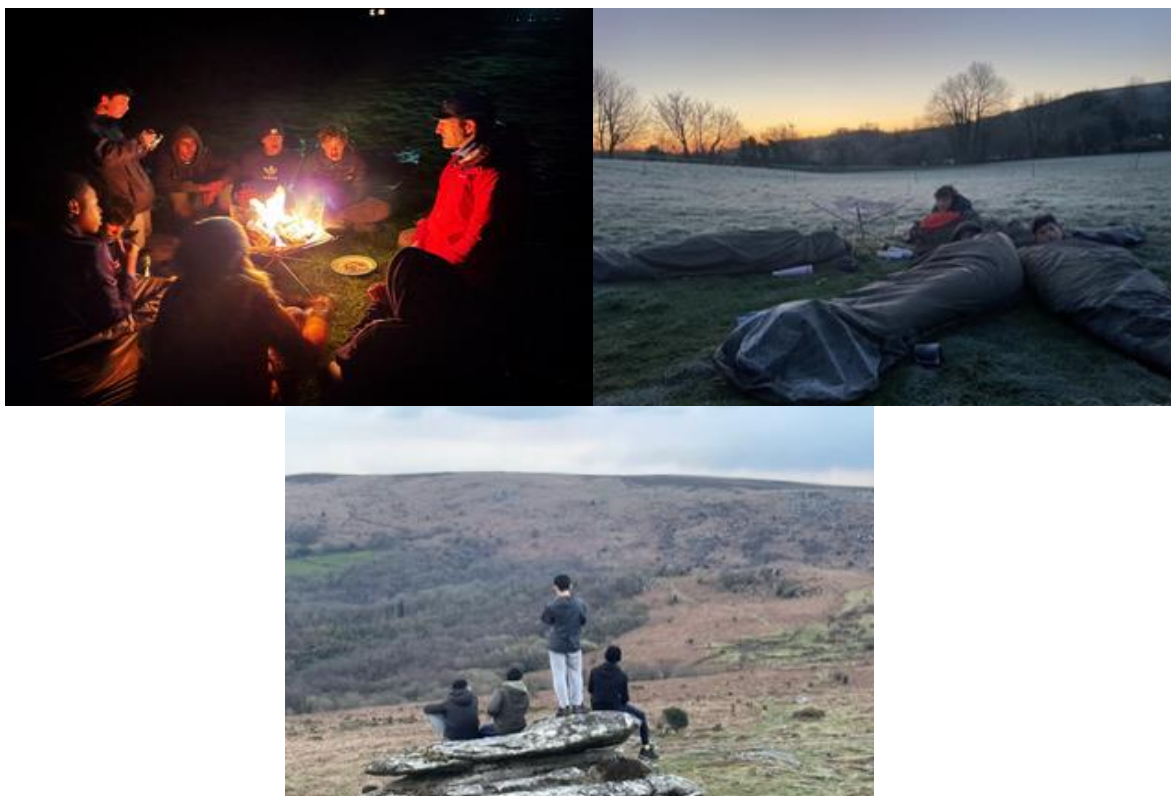


11 October 2022

Dear Parent / Guardian

**Years 10 - 13 Personal Development & Coaching Trip – WILD WEEKEND – April 2023**  
Inspiration Evening Monday 17<sup>th</sup> October at 6.30pm on MS Teams [Click here to join the meeting](#)

We are delighted to announce a unique opportunity for a limited number of our students in Years 10 - 13 to undertake a Wild adventure to inspire Life. The journey will see students explore the open moor, high rocky tors, ancient forest, rivers and sites of human spirituality on Dartmoor. They will be immersed in a human journey in the wild for the weekend and will leave feeling refreshed, reconnected and ready for whatever comes next.



We want to support students and allow them to focus and reflect as they move on to the next stage of their lives. The aim of the two days is to give them the chance to reflect on their experiences and the experience of others, connect with themselves, others and the wild, and explore emotional competence as well as improve mental health and wellbeing. The programme will include group coaching, sleeping under the stars (wild camp), mindfulness, cold water immersion, open fire cooking and breathing exercises.

We are working alongside [The Living Project](#), who hold accreditation from the Adventure Activities Licensing Authority. The Living Project is led by Josh, Cormac and Emily, three incredible humans who hold qualifications in leadership, coaching, yoga and mindfulness. Josh and Cormac have led more than 50 personal development expeditions in the UK and overseas and as a result have created a unique approach to facilitating meaningful connection and supportive wellbeing experiences through adventure. Their experience and knowledge are evident throughout the experience - alongside their excellent facilitation team who have a variety of specialisms that enrich the exploration of self, other and the wild. These leaders have each been chosen for their leadership, coaching, personal skills, experience, training and qualifications. Participants will have the opportunity to spend some time in school with The Living Project in advance of their adventure as well as meeting afterwards to review and reflect on the experience.

We will be holding an Information Evening with Josh and Emily on Teams on [Monday 17th October at 6.30pm](#) and would be delighted if you could join us to find out more about this incredible experience. Please let us know if you are able to attend by completing the form [here](#).

**Cost:** The cost of this trip is **£275** and includes food, fully qualified instructors, all group/emergency equipment, a personal journal and transport. *We would not wish boys to be excluded from the trip for purely financial reasons. If you feel that the cost involved is prohibitive, please do contact me in strictest confidence as there may be funding available to assist you.*

If you wish your son to take part in the trip, please **visit the [RGS landing page](#) provided by The Living Project by Monday 14<sup>th</sup> November**, and book your place using the personalised link. As there are limited spaces available on the trip, the **final allocation of spaces will be on a first come, first served basis**.

Finally, I would be happy to answer any questions you may have by email (address below). As usual, please inform the School of any changes to the medical condition of your son and any changes to emergency contact numbers before the trip departs.

Please do not hesitate to contact me if you have any questions regarding the visit.

Yours sincerely,

Jen Turney  
Co-Curricular Coordinator  
[jdt@rgshw.com](mailto:jdt@rgshw.com)

### Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 378 506 515 887

Passcode: CkJvpS