

**REFRESH  
RE-ENERGISE  
REFOCUS**



**The number-one attribute CEOs look for in their incoming workforce (according to an IBM survey of more than 1,500 CEOs across 33 industries and 60 countries) is not discipline, integrity, intelligence, or emotional intelligence. **It's creativity****

*(Harvard Business Review - Seppala, 2016)*



# NUTURING CREATIVITY THROUGH PHOTOGRAPHY

This unique creative workshop is designed to reinvigorate and refocus executives and senior management. A new creative skill (photography) is learnt and then put into practice in a once in a lifetime 5 day off the grid photography adventure. You will return re-energised, with a new creative outlook and perspective on both your work and personal life.

This workshop is focused entirely on each client we take. You will be the only client on your trip, working one-to-one with adventure photographer and company owner, Clint Singh. Other awe-inspiring locations include Greenland, Iceland and the Sahara.

*"Feeling awestruck can dissolve our very sense of self, bringing a host of benefits from lowering stress and boosting creativity to making us nicer people."*

*(Merchant, 2017)*



# INDIVIDUALLY FOCUSED, WORKING PRIVATELY WITH THE INSTRUCTOR

No previous photography experience is required, with only 4 hours initial training usually needed before the trip. This means that clients do not have to spend large amounts of time away from home or work.

Pre-trip training takes place one-to-one, with private guidance and tutoring throughout the trip. All logistics on the ground are taken care of, with accommodation, transport (excluding flights), meals and photographic equipment included.

## WORKSHOP STRUCTURE

We start with an initial meeting to get to know the client, where the programme is fully outlined and timetabled. Over the next 4 weeks photography tuition and practice takes place, with 4 x 1 hour sessions scheduled. Additional tuition can be arranged if required. We then set off to our off-grid location for a fully guided, 5 day photography adventure.



# THE WORKSHOP STRUCTURE

Week 1 - 4: Private photography training  
Week 5: Off the grid photography adventure

## ICELAND ITINERARY HIGHLIGHTS

Day 1 Depart from Gatwick. Arrive at Reykjavik. Transfer to Silica Hotel (Blue Lagoon). Night photography.

Day 2 Drive to Skogar. Shoot at Seljalandsfoss waterfall. Check in at Hotel Skoga. Sunset at Sólheimar glacier. Night photography at Sólheimar glacier.

Day 3 Shoot at Skogafoss waterfall. Drive to Vik area of highlands. Shoot at Reynisfjara Black Sand Beach. Shoots at Kirkjufjara beach and at Dyrhólaey. Stay at Hotel Vik Edda. Night photography.

Day 4 Shoot at Vatnajökull glacier and ice caves. Shoot at Jökulsárlón Glacier lagoon. Sunset shoot at Diamond Beach. Stay at Fosshotel Glacier Lagoon. Photograph northern lights over Glacier Lagoon if possible.

Day 5 Drive to Reykjavik, take in the sights along the way. Depart from Reykjavik. Arrive in the UK.

Cost: £9950 (Excluding flights) See website for full details



# THE BENEFITS OF MINDFULNESS, CREATIVITY AND AWE

“Mindfulness is about connecting with your senses, being curious, exploring the inner workings of the human mind.”

*(Alidina, 2015)*

In addition to learning a new creative skill, clients will also experience awe-inspiring landscapes, like the northern lights, the Milky Way, ice caves, underwater lagoons and remarkable waterfalls.

A recent article by Deepak Chopra and Kabir Sehgal, highlights the positive health effects of creativity, specifically in reducing the stress hormone cortisol.

*(Chopra & Sehgal, 2017)*

Mindfulness research has suggested that people who establish a mindfulness practice support their health and well-being by decreasing stress and rebalancing physical and emotional systems, and help shift their mindsets in order to see novel ways of working.

*(Dane & Brummel, 2013)*

**THIS WORKSHOP AND EXPERIENCE IS  
BUILT AROUND THESE ASPECTS**



# CLIENT FEEDBACK

"This trip was an amazing journey out of our comfort zone. A 'Once-in-a-lifetime' experience that will stay with me forever and has improved my confidence, self-esteem and photography skills."

"Clint is extremely professional and easy to work with. He put me at total ease giving clear directions and instruction before and during the trip. I felt safe, secure and looked after throughout the workshop."

"The places I have seen are unbelievable! On top of a glacier at night, at the back of a great waterfall, the Iceberg lagoon, in ice caves, trying to capture the northern lights. Totally mind-blowing!"

"I came back from this trip refreshed, feeling strong, independent, skilled and worthy, as well as motivated to do more interesting things with my time. It has made me look at and adjust my lifestyle."

*Roberta Iorizzo  
Global Travel Manager  
SCOR SE - UK*



# ABOUT CLINT SINGH



I am a professional adventure photographer.

I combine the explorer and adventurer in me with my passion for teaching photography. I was raised in the diverse environments of South Africa, which instilled in me a love for the great outdoors.

My work captures the wonders of nature. From the magnificence of the rugged arctic landscape and the ethereal northern lights to the delicacy of snowfields, the mysteries of ice caves and the magic of the milky way. I know first hand the effect that these awe-inspiring landscapes have had on both me and those I have taught, as well as the amazing portfolios they have helped generate for my clients.

I look forward to working with you.

*Clint*

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**Clint Images**

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