

APEX EXPERIENTIAL LEADERSHIP AT GETTYSBURG



About Apex

Apex Performance provides performance improvement services to military units, pro and college athletes and senior executives who need to build mental agility and mental toughness.

APEX Performance provides training to deliver results on the core of leadership - self awareness, confidence, mental agility, and composure. Utilizing a combination of personalized development programs, follow-up coaching, and advanced sensory technology, APEX provides the tools and learning required to achieve sustainable peak performance.

Apex Performance is a Service Disabled Veteran Owned Small Business.

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APEX EXPERIENTIAL LEADERSHIP PROGRAMS



View from Little Round Top

This April, 2011 marked the 150th anniversary of the beginning of the Civil War when the first shots were fired on Ft. Sumter. The Civil War represents the great struggle our young country endured to find its way to the America we all know and love. What could be more fitting on this anniversary year than to go to Gettysburg, the defining battle of the war, and

experience through our Leadership Experience program, what was said and done there by the leaders and soldiers of the two armies. We invite you to read through our Experiential Leadership at Gettysburg below and to consider making this a powerful and meaningful leader development experience for you and your team during this anniversary year.

The APEX Leadership Experience at Gettysburg provides a unique opportunity for executives to learn the timeless lessons of leadership and strategy. This is not about guns and ammo. It is about human nature and the leadership that was displayed at the highest and lowest levels of the two armies. It is about the direct and indirect impact of leadership on the planning, preparation and execution of a strategic end. It is about strengths and weaknesses, mental and emotional, at the individual leader level.

Participants in this unique program will learn:

- What happens when strategy and the reality of execution collide?
- How leaders adjust in a very fluid and ever-changing situation?

Participants will leave with a hands-on understanding of:

- Decision-making with limited information
- Lessons of failed communications
- See and share the power of personal leader initiative in critical moments

**Most importantly the leaders who attend will not only enhance their own leadership skills but will be able to implement these leadership tools to strengthen their organization in these challenging times.*

By "reliving" the battle through on-the-ground examination, executives learn practical and valuable lessons about critical leader actions, the importance of timely and effective communication, teamwork and teambuilding, the ability to visualize the situation, and persevering against all odds. In addition to the leadership and leader development lessons learned, we at Apex also offer the opportunity to delve deeper into the mental side of decisions and actions based on scientific principles that are taught and trained at the Apex Mental Skills Training Center.

The Experience...



The experience begins with dinner in the 4-star restaurant of Antrim Country House. It served as a temporary headquarters for the Union Army's General George Meade on July 1, 1863. Our historian follows dinner with an overview of events leading up to

the Gettysburg battle. You explore the battlefields by foot and in a bus enabling the broadest possible coverage of key places and events. In the evening, there is a broad discussion of the lessons learned. With our leader-facilitators help, the second day is spent applying these lessons to specific business issues and challenges by the group in advance of their arrival in Gettysburg.

"Standing on ground where soldiers fell can be a sobering reminder to executives about the human dimension of decisions they make. They may not be life-or-death decisions, but they change people's lives in powerful ways."

- Chairwoman, Non-Profit Consulting Group - in New York Times Article

To learn more...

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