



Masai Mara, Kenya

December 1-8, 2023

“There is something about safari life that makes you forget all your sorrows and feel as if you had drunk half a bottle of champagne — bubbling over with heartfelt gratitude for being alive.”

Karen Blixen, author “Out of Africa”

The Invitation

Join us in a “one-of-a-kind” safari to discover what Africa has to share with you.

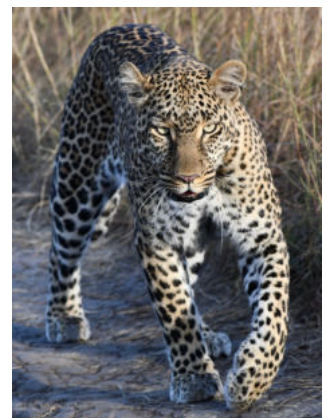
In Swahili, safari means journey. We invite you to safari with us. Journey deep into your soul, detach from the “should’s, need to’s, ought to’s and have to’s” and reconnect with nature’s natural rhythm.

This safari will take you deep into the heart of what is often considered the birthplace of humanity.

Each morning we will track the big cats (lion, leopard and cheetah). As we follow their footprints and observe their lives, you will have an opportunity to reflect on the footprint of your life - especially where you want it to lead you next.

Bring your questions and your dreams. Join us, and you will reconnect to what it means to be fully present, what brings your soul the greatest joy, and access the ancient wisdom of nature.

All of this wrapped within an unbelievable 5 star luxury safari in the legendary Masai Mara, one of the Wonders of the World, and one of the last of the truly wild places to see the famous the Big 5 (lion, leopard, elephant, rhino and buffalo).



What makes this safari different?

On most safaris, guides rush you from animal to animal to make sure you get the requisite photo of the famous “Big 5.” You may never know anything more except the number of animals you saw and how they look in your pictures. On this safari, you will get more than a picture of a lion or elephant. You will get to know their lives and stories:

Meet Yaya

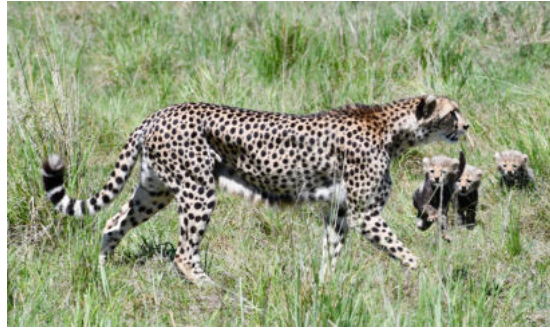
I met Yaya in 2015, she had just given birth to her first litter of cubs. Three weeks after I left Kenya, her pride was poisoned by Masai herders - in retaliation for lions killing a cow. Luckily, Yaya was still caring for her cubs separate of the pride and survived. But she was on her own. A single mother she defied the odds and raised her cubs to adulthood (80% of lion cubs do not survive). A prolific hunter, she was able to keep them well fed while constantly shifting territories to prevent their being killed by other prides.



*Many hoped Yaya would rejoin a pride, yet 8 years later she is still a single mom. Recently, one of her daughters was killed and she has taken on raising her grandcubs. As a single mom, I learn so much from Yaya every time I spend time with her. Her strength, confidence, and the mindful way she handles hardships, has been an inspiration - **J'Lein***

Safari Highlights:

- 2 nights in the five Star Hemingway luxury boutique hotel. Known for its exceptional service and comfort, it is consistently rated the best hotel in Nairobi. <https://www.hemingways-collection.com/nairobi/>
- Charter round-trip flight from Nairobi to the private Governor's Camp airstrip in the Masai Mara.
- 5 nights at the legendary Governor's Camp. The first permanent luxury tented camp in the Masai Mara, Governor's Camp is coveted for its prime wildlife location. Often, you don't need to leave camp to have an extraordinary wildlife encounter. Because of its prime location, it is the home for many of the most famous wildlife photographers and filmmakers, including the BBC and their award-winning series “Big Cat Diaries.” <https://www.governorscamp.com/safari-camps/governors-camp/>
- Custom, privately guided game drives organized and led by Governor's Camp Moses Manduku. Moses, a prominent feature in many wildlife documentaries and known in the Mara for his work helping wounded endangered species, has an uncanny way of providing us with a “behind-the-scenes” experience into the animals lives. Moses knows every lion pride, leopard, cheetah and elephant herd. With Moses and his team, you aren't just looking at a lion, you will learn their story from birth to present-day, the challenges they have faced and what it took for them to prevail.
- Your custom safari will not only provide you with an experience unique to the typical safari, but you will experience a connection to nature that will allow you to receive the *whispered wisdom* from this ancient land, considered the birthplace of humanity, to release, reset and re-connect to what is deeply important to you.
- Before you depart, you will have a vision and plan for harnessing your experience and carrying it forward. If you come with a question about your life or future, we are confident the way forward will be revealed.

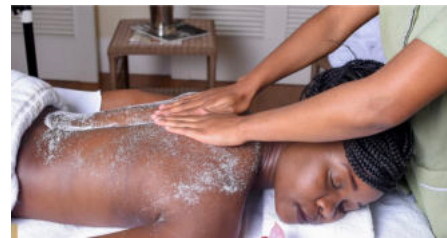


“I learned real mindfulness in the Mara. On safari, life is always changing. One minute a impala is grazing and the next minute it’s being chased by a cheetah. Yet, whether it’s a gazelle or big cat, afterwards, they don’t stand around stressing over what happened, or anticipating what could happen next. They return to place of calm and live in the present moment.”

- Participant reflection (2018)

Your Itinerary

December 1st: Arrive Nairobi - Relax and Recover



Arrive Nairobi, Transfer to Hemingway Hotel

Our team will meet your flight and provide your transfer to the Hemingway Hotel. Recover from jet lag at your leisure. Depending on what time you arrive, site seeing, shopping and spa appointments may be booked ahead of time or simply relax from your long flight. Depending on arrival times, we may informally gather together for drinks and dinner at the hotel. (Meals on your own)

December 2nd: Nairobi - Re-Connect to What’s Possible



Breakfast (included at hotel)

Today will be a day of getting to know each other, have fun and be inspired. Our itinerary includes visiting historical and modern day social enterprises founded by “out of the box” visionaries who were often told they would fail, but they found a way to succeed.

9:00am: Our day will begin at Oceansole. Founded by a group of social entrepreneurs who wanted to clean up Africa’s polluted beaches, Oceansole educates, engages and employs

local communities to help the planet, ocean and each other by up-cycling washed up flip-flops found along the beaches and waterways in Kenya into sculptures and toys.
<https://oceansole.com/pages/our-impact>.

- 11:00am: Visit the Sheldrick Wildlife Trust
Founded in 1977, this is the first organization to develop a way to rescue and rehabilitate orphaned elephants and return them to the wild. As poaching increased, so did the rise in elephant orphans. Many people and organizations wanted to save these babies but their systems are incredibly delicate and inevitably, if they were still milk dependent when orphaned, they did not survive. It took Dame Daphne Sheldrick 28 years to develop a milk formula that could be digested by baby elephants so they could have a second chance. <https://www.sheldrickwildlifetrust.org>
- Lunch: Utamaduni Craft Centre and Giraffe Centre (lunch on own account)
Enjoy a delicious lunch in the beautiful gardens of Utamaduni. Afterwards, shop in the craft market to find one-of-a kind art and jewelry from local artisans.
- After lunch, we will visit the Giraffe Centre to better understand just how endangered giraffes are (i.e. there are approx. 30,000 giraffes left in the wild). If you are brave (and don't mind a little slime), kiss a giraffe to remember your first day in Nairobi!
- 2:30pm: Karen Blixen Museum
Set in the serene suburb of Nairobi, the Karen Blixen Museum not only provides the most comprehensive insight into the person of Karen Blixen (whose autobiography was made into the Oscar winning film "Out of Africa"), but also offers a fantastic space for personal reflection with a nature trail, against a back drop of the famous Ngong Hills.
<https://museums.or.ke/karen-blixen/>
- 4:00pm: Return to the Hemingway Hotel to rest and relax.
- 7:00pm: Dinner (on own account)

December 3rd: Ready for Adventure!

Governors' Camp



Governors' Camp



Be packed and prepared to depart hotel by 8:00am for our 45 minute flight to the Masai Mara. Upon arrival, we will check-in to Governor's Camp and our experience begins with a delicious lunch as we listen to the hippos in the river and watch the plains for wild game.

2:30 - 3:30pm - Gather as a group to set our intentions for the afternoon.

3:30 - 6:00pm - Game Drive

The Masai Mara is home to an abundant assortment of African game. From the “Big Five” of lion, leopard, elephant, buffalo and rhino to many species of gazelles, antelope, warthogs, hyenas, mongoose, serval cats, giraffe, baboons, zebras, wildebeest and so much more!

7:30pm - Dinner (B,L,D included as well as purified water, soft drinks, house wines and spirits - premium wines/ spirits at additional cost)

December 4-7th: On Safari! Reflect, Release, & Receive

For the next three full days, immerse yourself in the Magic of the Mara.

Daily Schedule

Wake-up call with coffee/ tea/ hot chocolate in your tent

6:30am - Morning Game Drive w/ Bush Breakfast

During our morning game drive, and depending on what is happening on the plains (i.e. if we are with big cats hunting for their breakfast we may delay ours until we finish watching the hunt), we will find a quiet spot and enjoy a delicious bush breakfast. After breakfast, we will take advantage of our being in the “middle of nowhere and yet in the center of everything” to debrief our morning game experience.

Noonish - return to Governor’s Camp - Leisure time

1:00 - 2:30pm - Lunch at your leisure

*Everything at Governor’s Camp is homemade. From their delicious breads, daily soups and creative salads, every day is a new culinary experience. Enjoy grilled meats, fresh fish or delicious vegetarian options. Make sure to save room for the array of local Kenyan cheese/ cracker, freshly made fruit sorbets and desserts. ***If you have any dietary needs or restrictions, the chefs are happy to accommodate you.***

2:30 - 4:00pm - Free Time

Take a nap, journal or enjoy a cocktail - afternoons can be a special time around camp with elephants often coming in to say hello.

4:00pm - 6:30pm - Game Drive

8:00pm - Dinner



December 8: Return Re-Energized and Renewed

Wake-up call with coffee/ tea/ hot chocolate in your tent

6:30am - Morning Game Drive

9:30am - 11:30am - Breakfast at Governor’s Camp and final Reflection Session

Depart for Nairobi and return flight home or optional extensions

Your Team



J'Lein Liese, Ph.D.

***Co-Founder - Whispered Wisdom Mastermind Journeys
Executive Coach and Facilitator***

In 2004, I started the scariest, most exciting (terrifying) adventure of my life. I became a mom. Having spent 10 years working around the globe, I was immediately inundated by “well meaning” friends sharing unsolicited advice about changing my lifestyle - all based on fear. Previously, I had been confident in my choices and decisions but I started second guessing myself.

Knowing I needed guidance, I packed up my 9 month-old and flew to Kenya. In the Mara, I was able to successfully block out all the “noise” and regain trust in my instincts. I returned home to raise my son by my own design.

In 2018, I wanted to share this profound experience with others and the Whispered Wisdom mastermind safari was born. As a global leadership consultant and executive coach to hundreds of corporate and government clients (Caterpillar, PepsiCo, Telefonica, FBI, US Office of the Director of National Intelligence, etc..), it's my greatest pleasure to support your having a life-changing experience that only Africa can inspire.



***Moses Manduku - Governor's Camp
Expert guide and animal behaviorist
(seen here with Yaya)***

Many people see animals as animals. But in fact, once you connect with them, they connect with you. I have found you can learn a lot about yourself from watching animal behavior. I have seen how they try to share with us important messages about life and figuring out complex problems.

I tell people, “If you are struggling, before seeing a doctor, come see the animals. They will heal you and help you find peace.” Going on safari, seeing the wonders we can only be aware of by being with animals in person, can change your entire outlook for your life.



Special Guest Executive Coach & Facilitator:

Erika Kleestorfer, Ph.D.

Since 2004, I have mentored, coached and consulted with leaders in Fortune 500 companies around the globe. I help my clients find clarity to enable their vision, strategic direction, growth and transformation. At the core of my work, I help people move forward through improving their overall wellness and accessing their inner wisdom.

For me, this is not work but a passion stemming from my own journey. When I was 6 years old, my father committed suicide and life changed overnight. For years I struggled with feeling whole and letting go of doubts and self-criticism. My personal journey to wholeness brought me to Kenya in 2013. Previously, I had participated in many spiritual retreats, coaching sessions and trainings - but nothing fulfills one's soul like Africa. The gift of being on safari is that you don't have to think - the experience leaves you feeling more present and connected to yourself, those you love, and your sense of purpose. All of this occurs without effort - you only need to show up!

Whispered Wisdom 2023

REGISTRATION

Name:

Address:

Email:

Emergency Contact:

Relationship:

Cell Phone:

\$7940.00 per person sharing (*not including international airfare*)

\$500.00 – single supplement

\$1000.00 Non-refundable DEPOSIT due October 1, 2023 or before to secure your reservation. Space is LIMITED.

Refund Policy

Full refund less deposit available 90 days prior to departure. 50% refund less deposit, 60 days prior to departure. Less than 45 days prior to departure, no refunds available.

ADDITIONAL DATES AND INFORMATION:

- a) Pre- Trip Informational Session - a pre-trip webinar for all interested trip participants September (Date TBD). We will answer questions (what to bring, etc...) as well as get to know each other.
- b) Private Whispered Wisdom 2023 Facebook Group Page - you will be invited to join the group on a private page where we can share ideas, questions and get to know each other prior to the trip and stay in communication after.
- c) Individual Pre-Trip Session - included is a pre-trip one-on-one session with either J'Lein or Erika to ensure we know your personal goals and desired outcomes.
- d) Post-Trip Check-in - we will organize a post-trip webinar to check-in with each other after the trip.

If you have any questions, please call or email J'Lein at +1 602 770 3913/ jlein@me.com

INDEMNIFICATION
FULL WAIVER AND RELEASE
Whispered Wisdom Mastermind Retreats

I, to my safety and/or health and hereby release, hold harmless and indemnify Whispered Wisdom Masterminds, its officers, trustees, agents and employees or affiliated companies, organizations or persons connected with Whispered Wisdom Masterminds from and against any and all liability, loss and damages which they or any of them may suffer as a result of claims, demands, suits, costs or judgments against them or any of them, including any attorney's fees and court costs resulting from any related illness, death or incident associated with my travel.

I understand that prior to my travel, it is my responsibility to determine through personal research whether the U.S. Department of State has issued a travel warning or public announcements against travel to areas in which I will be working. It is my responsibility to stay abreast of and accept the risks to myself and to others associated with my decision to travel to or from a location where the U.S. Department of State may subsequently issue a travel warning or public announcement. Should such travel result in any illness, death or other damages to me, my family, heirs, or assigns, or other associate with whom I come in contact, I hereby personally assume all risks in connection with such travel.

I understand that it is also my responsibility to ensure that I have adequate health insurance during my travels, have all the appropriate vaccinations, and am informed of any health risks in the areas I travel. In addition, I have ensured adequate provision for my removal from the country in case of serious illness, should that become necessary.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR MY ILLNESS, INJURY OR DEATH THAT OCCURS AS A RESULT OF MY CHOICE TO TRAVEL TO AN AREA OUTSIDE OF THE UNITED STATES AND THAT IT OBLIGATES ME TO INDEMNIFY THE FOUNDATION FOR GLOBAL LEADERSHIP AND OTHER IDENTIFIED PARTIES FOR ANY LIABILITY FOR ILLNESS, INJURY OR DEATH TO OTHERS AS A RESULT OF MY CHOICE TO TRAVEL TO SUCH AREAS OF THE WORLD. THIS AGREEMENT WILL BE CONSTRUED IN ACCORDANCE WITH THE LAWS OF THE STATE OF ARIZONA.

Print Name _____ Signature _____

(Parent/Guardian if under 18 years of age) _____

Date _____

10810 N. Tatum Blvd., Suite 102-192, Phoenix, Arizona 85028
(602) 770-3913 jlein@me.com www.whisperedwisdom.com