



# Untamed Resilience

*A Leadership Retreat on the  
Edge of Wildness, with Nacho Dean*

18 TO 24 OCTOBER, 2025

*Edge of Wildness™*

# Unlocking Leadership Potential through Nature

Leadership goes beyond guiding others; it requires the ability to adapt, connect, and inspire in dynamic environments.

The Natural Leadership Retreat at NIHI® Sumba transforms leadership through deep engagement with nature, featuring the unparalleled guidance of **Nacho Dean** — the first person in history to walk all around the world and to connect the 5 continents by swimming.

Over seven days, participants embark on a journey of self-reflection, team-building, and actionable strategy development, fostering the resilience and adaptability essential for High-Performance Teams (HPT).



# Transformative Phases of the Retreat



## PHASE 1 *Catarsis*

### Discovery & Liberation

Letting go of limiting beliefs, fostering self awareness, and liberation.

Connect deeply with purpose through nature's wisdom.

## PHASE 2 *Construction*

### Development & Collaboration

Team building, resilience, and adaptability inspired by nature's interconnection.

Strengthen leadership, build trust, and promote collaboration by mirroring nature's interconnection and adaptability.



## PHASE 3 *Consolidation*

### Integration & Action

Integrating leadership lessons, creating action plans, and reinforcing sustainability.

Integrate insights, create a leadership blueprint, and translate lessons into long-term action plans.



# Day One || SATURDAY, 18<sup>TH</sup>

## *Morning*

13:00 - 15:00

Participant arrival\*, traditional welcome and check-in to the villas

Welcome Lunch - Program overview and goals

## *Afternoon*

16:00 - 17:00

Connecting with Nature – Group Beach Walk for leadership reflection

17:00 - 18:00

Workshop "Understanding Catharsis" – Identifying personal barriers and fears through journaling and group exercises

## *Evening*

19:00 - 22:00

White Night Dinner at Nio

\* PARTICIPANTS CAN ARRIVE AT THE RESORT ON THE FIRST DAY OF THE RETREAT, BY TAKING THE FIRST NAM OR WINGS AIR FROM BALI. GUESTS CAN OPT TO ARRIVE EARLIER AND STAY AN EXTRA NIGHT TO EXPLORE THE EDGE OF WILDNESS.



PHASE 1

*Catarsis*

Arrival & Self Exploration



PHASE 1  
*Catarsis*  
Overcoming Barriers

7-DAY RETREAT AT NIHI SUMBA

## Day Two || SUNDAY, 19<sup>TH</sup>

### *Morning*

**6:30 - 7:30**

Sunrise yoga and guided mindfulness to promote grounding and presence.

**8:00 - 8:30**

Breakfast

**8:30 - 12:00**

**Wanukaka Adventure** - Navigating unpredictable rivers emphasizes adaptability and overcoming resistance.

**13:00 - 15:00**

Lunch at the Village with **Terra Firma**

### *Afternoon*

**16:30 - 17:30**

Reflection: "What did I leave behind today?"

**17:30 - 18:30**

Happiest Hour at the Boathouse

### *Evening*

**19:00 - 20:00**

**Fire-walking Ceremony\***

Symbolizing breakthrough and empowerment.

**20:30 - 22:00**

Dinner at Ombak

\* THE FIRE-WALKING CEREMONY IS SCHEDULED TO TAKE PLACE AT NIGHT. TIMING MAY VARY SLIGHTLY DEPENDING ON SUNSET. THIS ACTIVITY IS SUBJECT TO WEATHER CONDITIONS.

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## Terra Firma BBQ

*When French-born, Australian based chef Charly Pretet of Terra Firma Dining brings his passion for cooking over fire and his outdoor kitchen to Indonesia's most untouched and remote hideaway.*

Renowned for its unregulated style of creativity and luxury blended with the rawness of nature, NIHI Sumba will be the perfect backdrop for Terra Firma's ethos of "cooking without boundaries" - bringing diners closer to the environments where food is grown. The experience is a blend of an edgy, primal approach to cooking with Chef Pretet's French culinary finesse. Outdoor dining takes on a new meaning as guests become part of the kitchen and the cooking.



# Day Three || MONDAY, 20<sup>TH</sup>

## *Morning*

6:30 - 7:30

Gratitude and connection meditation

8:00 - 9:00

Breakfast

9:00 - 13:00

**Trekking to Rice Island** followed by Workshop  
"Letting Go of Limiting Beliefs" – Fear-mapping & liberation exercises

13:00 - 15:00

BBQ lunch at Rice Island

## *Afternoon*

16:00 - 18:00

Workshop: "Building Collaborative Teams" - Trust-building, ego management, and role alignment through nature-inspired strategies

**Reflection:** Lessons on interconnection and adaptability

## *Evening*

19:00 - 20:00

**Silent Night Walk** – A journey of deep self-reflection beneath the starlit sky.

19:00 - 22:00

Dinner at Nio



PHASE 2  
*Construction*  
Building Teams





PHASE 2

*Construction*

Learning from Nature

7-DAY RETREAT AT NIHI SUMBA

## Day Four || TUESDAY, 21<sup>ST</sup>

### *Morning*

6:30 - 7:30

Beach-side stretching and mindfulness

8:00 - 9:00

Breakfast

10:00

Sumba Foundation Tour with Rainy to get to know school lunch and clinic programs.

### *Afternoon*

12:00

Lunch at Nio

15:00 - 17:00

Team Activity: **Jungle Obstacle Course** applying collaboration and leadership under time constraints

Workshop: **"Decision - Making Under Pressure"** – Simulations in natural environments to promote quick and effective leadership decisions

17:00 - 18:30

Horse Race, Mini Pasola and Sunset Cocktails at the Sandalwood Stables

### *Evening*

19:00 - 22:00

Terra Firma Open Fire Jungle Night Dinner

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| Blue Waterfall

## Day Five || WEDNESDAY, 22<sup>ND</sup>

### *Morning*

6:30 - 7:30

Journaling: "Aligning Purpose with Action"

8:00 - 8:30

Breakfast

8:30 - 14:00

Jungle Trek to Blue Waterfall – Leadership resilience exercise amidst challenges

Picnic Lunch at the Waterfall

### *Afternoon*

15:00 - 16:00

Swimming with the Horses

17:30 - 18:30

Happy Hour at the Boathouse

### *Evening*

19:00 - 22:00

Sumba Foundation Dinner – An evening of celebration featuring a video montage, recognition awards, and a group gathering.

Reflection: "Leading with Purpose and Vision"



PHASE 3

*Consolidation*

Leadership in Action



| Horse race at the beach

## Day Six || THURSDAY, 23<sup>RD</sup>

End the retreat with a structured, actionable plan to apply your learnings.

### *Morning*

6:30 - 8:00

Guided journaling on personal growth, followed by morning yoga.

8:30 - 9:30

Breakfast

9:30 - 12:00

Workshop: "Consolidating Leadership Insights"

Peer feedback session and development of individual leadership action plans.

13:00 - 14:00

Lunch at Nio

### *Afternoon*

14:00 - 15:30

Beach Clean-Up – Giving back to nature with a hands-on initiative to support sustainability and reinforce leadership values.

16:00 - 17:30

Final reflection: "How will I lead differently?"

17:30 - 18:30

Happy Hour at the Boathouse

### *Evening*

19:00 - 22:00

Round Up Dinner at Nio – An evening of celebration featuring a video montage, recognition awards, and a group gathering.



PHASE 3  
*Consolidation*  
Creating the Blueprint

## Day Seven || FRIDAY, 24<sup>TH</sup>

Leisure Morning on the Edge of Wildness  
and Farewell

### *Morning*

7:30 - 8:30

Farewell breakfast and group reflections

9:00 - 11:00

Optional beach meditation or solo walk



*Reflection*  
and Departure

# Meet the Mentors



## Nacho Dean

**NATURALIST, PROFESSIONAL EXPLORER, WRITER & SPEAKER**

- First person in history to walk around the world and connect five continents by swimming.
- Author of two books
- International speaker



## Ricardo Ferrero

**GLOBAL TRANSFORMATION EXECUTIVE**

- ICAI Engineer, INSEAD MBA, MIT CTO
- 30 years of experience bridging Business, Technology Strategy and Leadership
- CxO Interim Management and Senior Advisory
- Purpose and Goals Driven






## Carlos Oliveira

**EXECUTIVE & LEADERSHIP COACH**

- IESE MBA, 25+ years in leadership (J&J, Kellogg's, Evo Banco)
- Executive Coach (600+ C-level) Pancraccio board member
- Oliver Wyman, Advisor, Author and Speaker



# Inclusions

- Six-nights in one of NIHI's private villas, with all our [standard inclusions](#)
- Complimentary return flights to Sumba from Jakarta, Surabaya or Bali
- Complimentary round-trip airport transfers in NIHI's signature open-air safari vehicle.
- Morning Yoga Sessions
- [Hike to Rice Island](#) 
- [Hike to Blue Waterfall](#) 
- Wanuka River by Kayak or SUP
- Half-day Village
- [Sumba Foundation Tour](#) 
- All listed NIHI® signature experiences

FOR SINGLE OCCUPANCY

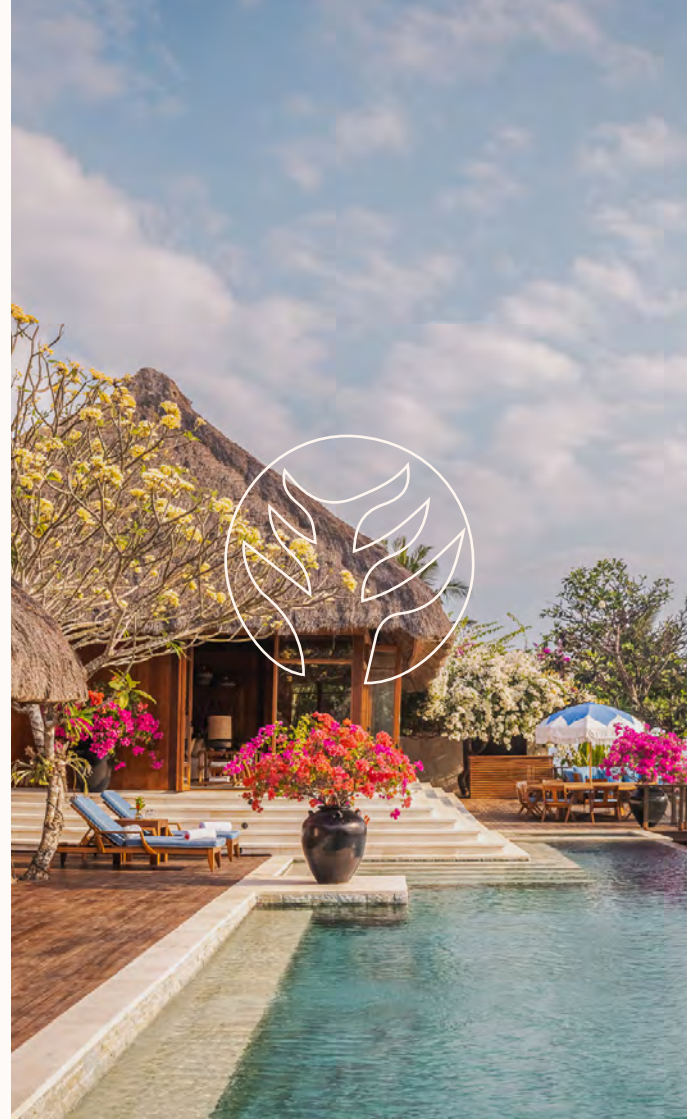
**\$14,500** <sup>++</sup>  
PRICE  
PER VILLA

PRICES EXCLUDE 21% TAX & SERVICE CHARGE

DOUBLE OCCUPANCY

**\$16,000** <sup>++</sup>  
PRICE  
PER VILLA

WE HIGHLY RECOMMEND EACH PARTICIPANT OBTAINS TRAVEL INSURANCE WITH MEDICAL EVACUATION COVERAGE. PLEASE NOTE THAT EVACUATION FROM SUMBA TO A SINGAPORE HOSPITAL WILL COST UPWARDS OF \$40,000 USD.







NIHI

SUMBA

FOR MORE INFORMATION

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