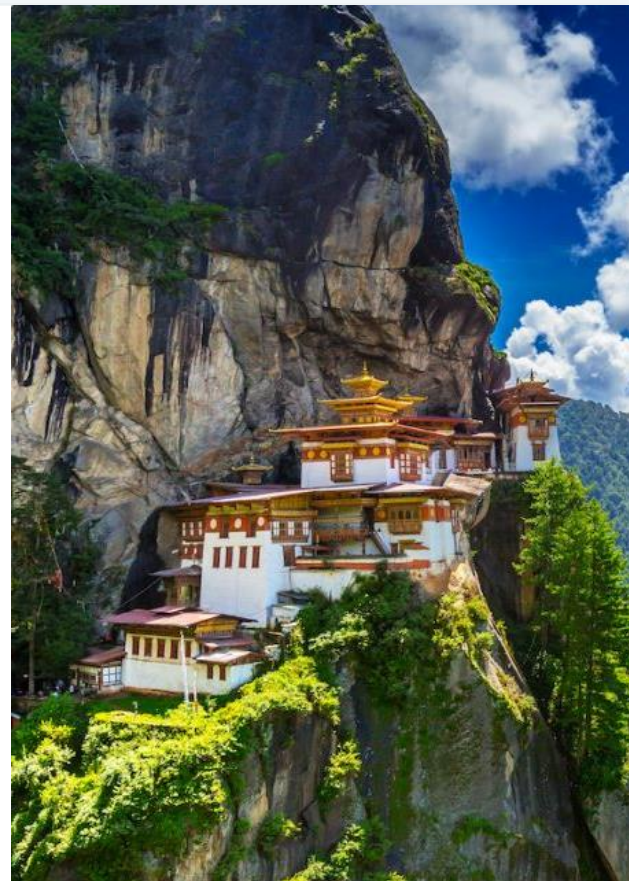


# The Summit Within: A Bhutanese Journey into Personal Happiness and Business Success

22–28 March 2026

In partnership with





# Programme Overview

## The misconceptions of leadership and happiness

To most people, leadership is what a leader does to his or her followers. If you are the benevolent type, leadership is about coaching, guiding, supporting, and inspiring others. If your style is more authoritative, leadership to you is about directing, instructing, and commanding people.

Happiness is often seen as the result of success. *“When I am rich, I will be happy... When I find the perfect life partner, I will be happy.”*

Both views spring from the same mistaken assumption —that fulfillment is something delivered from the outside in. At the core, leadership and happiness both begin within.

True leadership starts with what you do to yourself, not to others. Inspired followership flows naturally from the example you set through your actions. And happiness is a prerequisite for success, not the other way around. Unhappy people rarely make great leaders, spouses, or parents. To be professionally and personally successful, one must learn to be happy first.

## **This programme is designed to set the record straight**

An immersive experience through Bhutan—the cradle of mindfulness and Gross National Happiness—has been described by past participants as life-changing.

Through mindfulness lessons from Bhutanese masters, we will learn how to be happy in good as well as challenging times. With the energy created by the 'always on' happiness, we will redefine what it means to lead and succeed in an era defined by climate change, inequality, disruptive AI and geopolitical upheaval. Neither Milton Friedman's profit-at-any-cost doctrine nor selfless servant leadership will work in these tumultuous times. Participants will discover a powerful third alternative – Steward Leadership, which maximises both profit and purpose.

## ***The Transformative Cycle of Happiness, Steward Leadership, and Success***





# Learning Outcomes

## 1. Happiness & Mindfulness as a Leadership Foundation

- Cultivate happiness and mindfulness to unlock personal energy and clarity.
- Build emotional resilience for compassionate, sustainable leadership.

## 2. Steward Leadership & Strategic Renewal

- Replace outdated models with the *Steward Leadership Compass*®.
- Rethink leadership philosophy to maximise both ambition and purpose.
- Apply *ethical integrity*® to navigate beyond legal and societal norms.

## 3. The Win-Win-Win Mindset

- Turn conflict into win-win opportunities through integrative thinking.
- Combine ambition with meaning to drive positive impact at scale.

## 4. Inner growth and Long-Term Fulfilment

- Discover purpose and connection beyond titles.
- Build decision-making skills for sustainable, inclusive growth.
- Embrace contentment as the foundation for authentic leadership and joy.

# Programme Experience



**\*Exact date to be advised.**

# Programme Highlights\*

## Day 1 (Arrival in Bhutan)

- ❖ Departure from Singapore/country of transit; Arrival in Bhutan

## Day 2 (Punakha Zhong)

- Introduction to Bhutan, Buddhism & Compassion
- Understanding Our World Today & Introduction to Steward Leadership
- Being Your Authentic Self & Introduction to the Divine Madman Drukpa Kinley
- ❖ Mindfulness & Blessing with Lama
- ❖ Brief History & Guided Tour of Punakha Zhong

## Day 3 (Dodedhra Monastery)

- Discover Your Leadership Energy & Reflection on Personal Values – Personal Steward Leadership
- ❖ Visit to DrukVana – sustainable weaving & natural dye local enterprise
- ❖ Hike/Trek to Dodedhra Monastery with Guides
- ❖ Welcome Tea & Lunch with Abbot & Rinpoches
- ❖ Tour of Dodedhra Temples

**\*Programme agenda subject to change**

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# Programme Highlights\*

## Day 4 (Dodedhra to Paro)

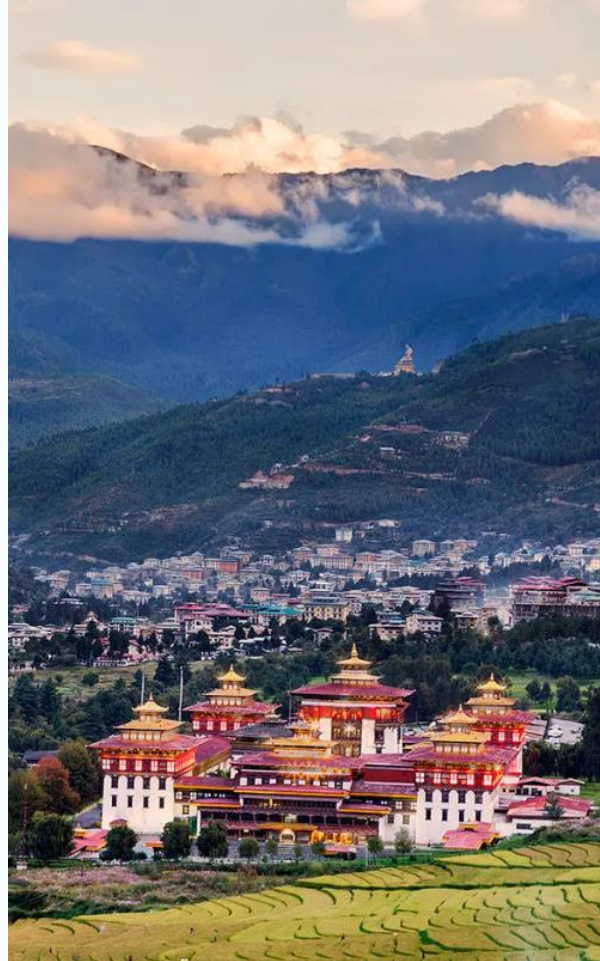
- Storytelling: Compassion, Community & Moelam
- ❖ Morning Mindfulness overlooking Thimphu Valley
- ❖ Gho & Kira Dressing
- ❖ Long Life Ceremony with Abbot Kinley Tenzin – Purity of Heart, Intentions & Self-compassion
- ❖ Silent Hike down the Mountain – Self Enquiry Practice
- ❖ Lunch at Folk Heritage Restaurant + Shopping Opportunity

## Day 5 (Paro)

- Attachments & Identities
- Putting Purpose Into Practice – Steward Leadership in Action
- Drive Positive Impact At Scale – Organisational Steward Leadership
- Blessing & Q&A with Rinpoche Dorje Phagmo
- ❖ Selfless Service at Neyphug Heritage Café

**\*Programme agenda subject to change**

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# Programme Highlights\*

## Day 6 (Tiger's Nest)

- Contentment & Balance
- Personal Purpose Reflection
- ❖ Drive to Tiger's Nest Monastery via Donkkala Gompa
- ❖ Hike to Monastery with Tea & Snacks at Viewpoint
- ❖ Guided Tour of Monastery & Meditation
- ❖ Hike Base to Basecamp
- ❖ Community Celebration Dinner

## Day 7 (Departure from Bhutan)

- ❖ Depart from Paro, Bhutan back to your home destination

## Pre-post Programme Learning & Development

- Access to Abroad's True Prosperity Assessment to measure impact and generate insights
- Educational content on Abroad mobile apps/web platform to prepare and integrate programme experience

**\*Programme agenda subject to change**

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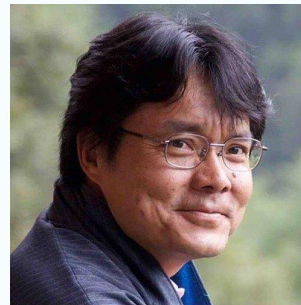
# FACULTY

The programme is guided by a distinguished faculty blending deep expertise in Steward Leadership, Bhutanese cultural wisdom, and executive coaching, including **SAC's Rajeev Peshawaria**, **Bhutan's Dr. Dorji Wangchuk** and **Lhaki Dolma**, and **Abroad's** founder and executive coach **Justin Milano**.

**Rajeev Peshawaria**



**Dr. Dorji Wangchuk**



**Justin Milano**



**Lhaki Dolma**

# Faculty:

## Steward Leadership

Rajeev combines 22 years of Fortune 100 experience with research-based insights to provide unique and practical approaches to personal leadership, ethics, governance, sustainable business growth, and stewardship. He is a member of the World Economic Forum's Global Future Council on Human Science of Environmental Action. He also sits on the advisory board of Higher Education Leadership Academy, which is under Malaysia's Ministry of Higher Education.

**Rajeev Peshawaria**  
CEO, Stewardship Asia Centre



# Faculty:

## Leadership & Timelessness

Justin Milano is an entrepreneur, executive coach, and CEO of Abroad.io, a global leadership platform dedicated to developing leaders at every stage of their journey. Over the past decade, he has guided leaders toward operating with a profound sense of purpose and self-awareness. Splitting his time between San Francisco and New Zealand, Justin draws from his experience as a Silicon Valley entrepreneur and now an internationally recognised coach.

**Justin Milano**  
**CEO, Abroad**



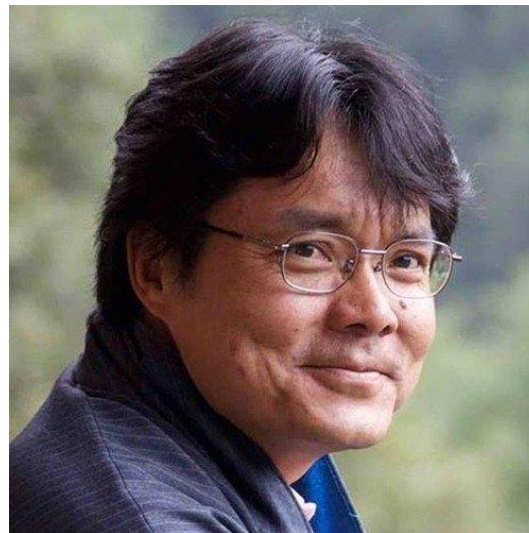
# Faculty:

## Wisdom & Compassion

Dorji Wangchuk is a Bhutanese academic, writer, engineer, documentary filmmaker and communication specialist. He is currently the Chairman of the Board of the Abroad Centre for Traditional Wisdom. He holds a PhD in Communication from the University of Macau and a Laurea Degree with distinction in Electronics Engineering from the University of Bologna in Italy. Formerly the Press Secretary and trusted aide to the King of Bhutan, he also served as the head of media in Bhutan and Dean of Royal Thimphu College.

### Dr. Dorji Wangchuk

#### Chairman, Abroad Centre for Traditional Wisdom



# Faculty:

## Bhutanese Culture

Lhaki Dolma is a Bhutanese actress and politician who has been a member of the National Council of Bhutan since May 2018. Lhaki Dolma topped the prestigious civil service selection exams and worked with the Ministry of Agriculture and Forests for three years before pursuing a career in films. She has performed in over 30 films over a career spanning 20 years. She has a postgraduate degree and a major in Buddhist and cultural studies from the Royal University of Bhutan.

**Lhaki Dolma**  
**Chair, Parliamentary Social and Cultural Committee**



# Contact Us For More Information

[connect@christineamourlevar.com](mailto:connect@christineamourlevar.com)

The programme fee includes:

- Accommodation during the programme (6 nights' stay, inclusive of daily breakfast)
- Daily refreshments and meals (inclusive of hosted lunches/dinners)
- Course materials
- All ground transportations and transfers (from upon arrival to end of programme departure)
- Excursions, tips for guides, entrance fees and temple donations
- \$100/day Sustainable Tourism Fee per person

**Note:** Flights and Bhutan visa processing fee are not included.

**Programme Fee:**  
**SGD 10,000**  
**(Subject to GST)**

**Programme Date:**  
**22 – 28 March**  
**2026**

**\*Suggested Direct Flight via Singapore:**  
**Drukair Royal Bhutan Airlines**

- **Singapore 12:30 to Paro 16:45 (KB541)**
- **Paro 07:50 to Singapore 15:55 (KB540)**

**\*Flight schedule subject to change by Drukair Royal Bhutan Airlines**