

SEAN BURCH • EXPEDITION LEADER • PERFORMANCE COACH

THE PERSONAL EXPEDITION™

A PRIVATE ADVENTURE & LIFE CONCIERGE EXPERIENCE

30 KEY INCLUDED EXPERIENCES

PILLAR 1
MICRO-ADVENTURES & LOCAL
DISCOVERY

EXP 01

BACKYARD TESTING GROUND

Design a custom backyard expedition that transforms an ordinary space into a testing ground for creativity, resilience, and resourcefulness.

EXP 02

NEIGHBORHOOD PERSPECTIVE WALK

Lead a challenging walk through your own neighborhood and help you see familiar surroundings with fresh eyes.

EXP 03

LOCAL CATALYST EXPLORATIONS

Take you somewhere nearby you have never explored and turn local discovery into a catalyst for change.

EXP 04

MICRO-EXPEDITION ROUTINES

Develop monthly micro-expeditions that keep curiosity alive and prevent personal growth from becoming a one-time event.

PILLAR 2
EXPEDITION SKILLS &
PRACTICAL MASTERY

EXP 05

EXTREME ENVIRONMENT PRINCIPLES

Introduce high-altitude, cold-weather, and wilderness-survival principles adapted to real-world challenges.

EXP 06

TACTICAL NAVIGATION & AWARENESS

Teach practical navigation, situational awareness, and decision-making skills that build confidence in unfamiliar environments.

EXP 07

LIFE & CAREER EXPEDITION PLANNING

Teach expedition planning skills that can be applied to travel, leadership, career change, health, and personal reinvention.

EXP 08

INDEPENDENCE & READINESS

Teach a practical skill that increases your independence, confidence, and readiness for the unexpected.

EXP 09

EXPEDITION FIELD MEALS

Prepare and share an expedition-style meal that makes nourishment, simplicity, and connection part of the adventure.

PILLAR 3
PERSONAL RESILIENCE &
PATTERN BREAKING

EXP 10

THE PERSONAL RESILIENCE PLAN

Build a personal resilience plan for navigating uncertainty, setbacks, transitions, and demanding seasons.

EXP 11

PATTERN INTERRUPTION

Challenge you to break a familiar pattern and identify what your next chapter requires.

EXP 12

SCREEN-TIME REPLACEMENT

Help you replace passive screen time with purposeful movement, real-world discovery, and experiences worth remembering.

EXP 13

ENERGY AUDIT

Help you identify the people, places, and commitments that give you energy and the ones quietly draining it.

EXP 14

ENVIRONMENTS & HABIT REDESIGN

Redesign aspects of your physical environment to make healthier, more energizing habits easier to sustain.

PILLAR 4
CLARITY, PURPOSE & LIFE
DIRECTION

EXP 15

WALKING LIFE INVENTORY

Conduct a walking life inventory to examine your priorities, patterns, relationships, energy, and direction outside the confines of an office.

EXP 16

CHOOSE-YOUR-OWN-ADVENTURE DAY

Create a 'choose-your-own-adventure' day built around a question you need to answer or a decision you need to make.

EXP 17

SUNRISE / SUNSET THRESHOLDS

Lead a sunrise or sunset expedition that creates a powerful shift in perspective and marks a meaningful new beginning.

EXP 18

SUPPORTED SOLO CHALLENGES

Guide you through a solo challenge that develops self-trust while remaining carefully structured and supported.

EXP 19

BASE CAMP ARCHITECTURE

Design a personal 'base camp' for the next chapter of your life, with clear priorities, rituals, and essential resources.

EXP 20

RE-AWAKENING SET-ASIDE AMBITIONS

Reawaken interests, ambitions, and creative pursuits that have been set aside by routine or responsibility.

PILLAR 5
PHYSICAL MASTERY &
READINESS

EXP 21

CUSTOM CHALLENGE LADDERS

Create a personal challenge ladder that turns a distant ambition into a series of achievable, motivating milestones.

EXP 22

TAILORED PHYSICAL PROGRESSION

Create physical challenges that match your current ability while gradually expanding your confidence and capacity.

EXP 23

PURPOSEFUL RESET

Create a personalized physical and mental reset when you feel stuck, depleted, or disconnected from your purpose.

EXP 24

SELF-DISCOVERY THROUGH MOVEMENT

Help you recognize the strengths, fears, and habits that emerge when you move beyond your usual routines.

EXP 25

MAJOR GOAL PREPARATION

Help you prepare mentally, physically, and practically for a major adventure or long-held personal goal.

EXP 26

CUSTOM OUTDOOR EXPEDITIONS

Guide you through hiking, mountaineering, trekking, camping, walking, and other outdoor experiences designed around your interests and aspirations.

EXP 27

ACTIVE INSIGHT & RECOVERY

Use movement and exploration to restore energy, interrupt unhelpful patterns, and create space for meaningful insight.

EXP 28

NETWORK & PERSPECTIVE EXPANSION

Connect you with new people, places, and experiences that broaden your perspective and renew your sense of possibility.

EXP 29

ACTIONABLE ADVENTURE STEPS

Help you plan an adventure you have always wanted to pursue and turn intention into a realistic first step.

EXP 30

SEAMLESS RE-ENTRY PLANS

End each expedition with a practical re-entry plan so the insight gained outdoors becomes measurable change at home.