



“Lánzate!” Center for Leadership and Challenge

The University of Monterrey has a facility which is unique among Mexican universities, the “Lánzate!” Center for Leadership and Challenge.

This is a large living laboratory which allows for the development of abilities by confronting physically and emotionally challenging situations which require new behaviors, accurate decisions, and the ability for team work, communication, planning and execution.

The “Lánzate!” Center for Leadership and Challenge, originally created to promote experiential education and ecological awareness, has several programs - national and international- for schools and organizations. We have rope courses, including rappel and rock climbing, which promote adventure, stimulating personal growth through self-discovery. Besides this, we offer programmed activities and camping excursions in both national and international venues.

General Information

Objectives

Based on the UDEM's model of Transformational Leadership, these are the objectives and abilities which we aim to develop. Check them out!

Objectives:

- Develop values, abilities and capabilities using experiential education by means of adventure
- Capacitate in transforming leadership
- Promote self-reflection by means of challenges
- Improve abilities to work in group, communication and planning.

With our different programs, we promote the development of:

- Emotional intelligence
- Team Work
- Interpersonal relations
- Communication
- Problem-Solving
- Negotiation in Groups
- Planning and Organization
- Team Leadership

Methodology

In the "Lánzate!" Center for Leadership and Challenge, we want you to learn by doing. This is why we have made every effort to offer you programs which will be completely satisfactory.

Methodology:

Recognizing that each school or organization has unique and different characteristics, each of our programs is specifically designed to meet your needs.

Our method is to 'learn by doing'. We invite and encourage the participants to take part in a series of activities which will develop certain abilities, depending on the original proposed objectives. After each activity, the instructors lead a reflection period in which the group analyzes the lesson learned and its relation to real life situations in their school or work environment.

This methodology, which applies to all levels of transformational leadership, is based on the model of David Kolb, used by international organizations such as Outward Bound, the National Outdoor Leadership School (NOLS) and the Association for Experiential Education (AEE).

Our facilities

The components of the "Lánzate!" Center for Leadership and Challenge are built to offer more than thirty different challenges.

The "Jump In!" Center for Leadership and Challenge has state-of-the-art facilities with high safety standards. Its design is based on similar models and leadership programs at Harvard, Yale, Cornell, Wharton Business School (University of Pennsylvania), UC Berkeley, and North Carolina.

It was built according to the standards of the Association for Challenge Course Technology (ACCT) which regulates quality control for this type of installations and has teachers with international certification. The program design is based on the criteria established by the Association for Experiential Education (AEE), the organization which certifies experiential education programs at the international level.



UEM

The architectural design is by the well-known landscape architect Enrique Abaroa, and the design of the challenge elements is from Challenge Towers, the leading international creator of "Discovery Course". It offers twenty-four challenges and is one of four such structures in the world, and the only one in Mexico.

Teaching Team

Student Staff

Are you an UDEM student? You're invited to be part of our team of student facilitators.

Become part of a learning community which supports the "Lánzate!" Center for Leadership and Challenge so that you can develop your competence and become a transforming leader through experiential education and service.

Objectives

- (Participate) in experiential education as a formative tool
- Promote student participation in the programs offered by the "Lánzate!" Center for Leadership and Challenge
- Develop leadership, service and transcendence as proposed in the UDEM's formative model

Requirements

- Have time available
- Commit yourself to the project
- Complete the enrollment process
- Attend training sessions (dates to be announced)

Enrollment Procedure

- Complete the enrollment form (PDF format) and send it by email to: irodriguez14@udem.edu.mx (incomplete forms will not be accepted)
 - Call (52)(81) 8215-1000 Ext. 1657 to schedule a personal interview with Ivett Rodríguez
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UDEM

- Complete the medical report (PDF format) and turn it in at your interview along with a copy of your medical insurance coverage



Lánzate! for the UDEM Community

Programs for the UDEM Community

Challenge Courses

This course offers you the opportunity to try out more than forty challenges of rope climbing. You'll have a fun experience besides acquiring abilities which strengthen your develop as an individual or group.

What is it?

They're programs which let you try out more than forty challenges using ropes, cables and limbs. They are divided into low and high elements depending on their height above the floor level, up to 15 meters (45 feet). Some of these challenges are unique in Latin America. Besides, we have a Discovery Course, only one of five in the world.

What are the objectives?

Develop skills and leadership abilities using the challenges as simulations of real situations which have emotional impact and excellent personal and group results.

Who is it for?

General public: schools, universities or any organization interested in living a leadership experience.

Where?

In the "Lánzate!" Center for Leadership and Challenge

When?

Programs go on during the entire year by prior arrangement (at least three weeks in advance).

Requirements

- Have medical insurance (if you lack this, we will arrange it for an additional cost).
- Safety equipment is provided by the Center.

Cost

For UDEM students (preparatory, university and post-graduate): free of charge from Monday-Friday. Weekend charges are based on the activity program, duration and size of the group.

Potrero Redondo

Jump in for adventure in the Sierra de Santiago, Nuevo León!

In this outing, you'll have a chance to rappel the famous Chipitín waterfall, explore caves, camp out and have a group experience in a natural setting.

What is it?

A two-day leadership campout which invites you to leave your comfort zone to a different natural environment which challenges and tests your individual abilities and your work in groups. You will rappel the Chipitín waterfall - one of the natural wonders of Nuevo León - explore caves and participate in group activities.

What are the objectives?

Develop emotional intelligence, interpersonal relations and teamwork, as well as living UDEM values, such as respect, freedom, and social responsibility, among others.

Where?

In Potrero Redondo, located about 50 kilometers (20 miles) from Monterrey in the Sierra de Santiago, Nuevo León.

When?

Four or five campouts are held each semester. Check with the instructor in charge for available dates.

Requirements

- Be a member of a High Performance Group within the UDEM formative model
- Know how to swim
- It is not necessary to know how to rappel

Cost

\$650.00 pesos for each participant

* Limited to groups of 14-18 persons

Includes:

- Two-day Leadership program (covering the organization and operation of all activities)
 - Transportation
 - Food
 - Tents for Camping
 - Personal Safety Equipment (harness, helmet, head lamp)
 - Diploma of participation
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Veracruz River Rafting

For those who like water adventures, this is tops.

Come with us to practice this extreme sport and challenge nature!

What is it?

A three-day leadership program to the rushing rivers of Veracruz. The activity includes a brief class in rowing and security instructions. Besides the water challenges, there will be a wall to scale and a 20 meter (60 foot) rappel.

During the trip, you will make two descents of the rapids, one on part of the Pescados river and the other on the Antigua route, each lasting 3-4 hours.

What are the objectives?

Develop leadership abilities and teamwork through aquatic challenge and adventure, taking advantage of Mexico's natural wealth.

Where?

In Jalcomulco, Veracruz.

When?

In October. The exact date will be announced by the end of August.

Requirements

- Be over 18 years old
 - Know how to swim
-

Grand Canyon (Arizona)

Jump in to one of the seven natural wonders of the world, considered a world heritage site!

In this international trip, you will have a unique experience which will influence your personal development and teach you teamwork.

What is it?

This is a 10-day program in which you will camp and hike in one of the Seven Natural Wonders of the World.

What are the objectives?

Learn from nature and live an international experience, developing leadership abilities like emotional intelligence, teamwork, and interpersonal relations, among others.

Where?

We will travel from Monterrey to Las Vegas, where we will visit the famous Skywalk observation deck of the Grand Canyon. Later we will visit Meteor Crater, near Flagstaff AZ, considered the best preserved example of a meteor crater in the world. Then, we will go to Grand Canyon National Park, 130 kilometers (60 miles) from Flagstaff AZ, where we will have several days of hiking and camping in the Grand Canyon.

When?

December 12-21, 2008

If you are interested, make your reservation early.

Requirements

- Be over 18 years of age
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- Be in good physical condition. If you're out of shape, we can help you with a conditioning program (without cost) scheduled during the semester.

This includes:

- Leadership Program (guiding and facilitation during the camping and hiking)
- Park entrance fee
- Park camping permit
- Meals during the camping activity
- Hotel lodging for four nights
- Local transportation
- Does not include air fares

ILAE

Take up the challenge of living an International Leadership and Adventure Experience (ILAE) in which you will be part of a learning community which develops together the skills in the UDEM formative model, such as teamwork and emotional intelligence.

What is it?

A unique international experience based on learning communities and experiential education which develops each person's capacity to work together toward a common goal.

What are the objectives?

Develop leadership abilities and team work by means of extreme activities and living experiences; promote personal development by adopting a healthy life style, maintaining good health and mental and physical fitness; and living an international experience.

Where?

Each year's destination is different (Ecuador, Peru, Alaska, Chilean Patagonia). This year's destination is Alaska. Next year it will be Peru.

When?

This program is offered once a year and includes one semester of preparation and two weeks on expedition. This time, preparation will be from January-June, 2009 and the trip will be in June.

*Exact dates are pending and will be agreed upon by group members.

Includes:

- Airline ticket
- Surface transportation
- Meals
- Lodging

Requirements

- Attend meetings and excursions during the semester of preparation.
- Be in good physical condition, If you are out of shape, we can help you.
- Have medical insurance coverage (If you don't have it, we can get it for you at an additional cost)

* Registration opens in November, 2008.

Missions to Africa

We invite you to live an experience of international service in which you will encounter different cultures.

In conjunction with the University Pastoral, we are looking to form leaders who will support the rural areas of Africa.

What is it?

An experience working in under-developed communities doing different kinds of community service activities. Specifically, you will be supporting schools, giving classes in English, sciences, physical education, values and mathematics. Besides, you will give talks on AIDS, sexuality, diet and hygiene, and you will help in health programs.

You will need formal preparation which will be given during the six months prior to your mission.

Where?

With the Masai or Luo tribes in southern Kenya.

When?

Program offered once a year in June and July.

Requirements:

- Be 18 years of age
- Have prior experience in Mexican mission activities
- Have at least 60% fluency in English

Includes:

- Airline fares
 - Food
-



UDEM

- Land Transportation
- Lodging

* Limited to 20 participants per year.

** Enrollment is open

“Lánzate!” for Organizations

What We Do

The “Lánzate!” Center for Leadership and Challenge helps organizations discover and develop the potential of their collaborators by means of programs based on challenging experiences in unusual places and situations.

In the programs for organizations, we work together with our clients to develop programs which fit their necessities. We focus on abilities such as:

- Integration and cooperation
- Effective communication
- Team work
- Participative leadership
- Conflict management
- Shared vision
- Risk analysis
- Decision-making
- Giving and accepting feedback
- Self-understanding

Our activities are based on the principle of “challenge by choice”, a method which permits group members to choose their level of participation, moving from a comfort zone to an area of challenge where the participants will learn more about themselves and their associates in a safe environment.

Why choose us?

- We have established relations with prestige universities which permit us to constantly incorporate innovations.
 - You will have access to the “Lánzate!” Center for Leadership and Challenge, a unique facility in Mexico built to the international standards of the ACCT (Association for Challenge Course Technology)
 - We guarantee safety and supervision by international and nationally certified trainers.
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- Your physical and emotional safety is our main priority.

Programs

Each program is adapted to the client's needs. We have a wide range of different activities and challenges depending on the necessities and specific objectives required by your organization or work group.

We look forward to attending you in an individual interview where we can share our programs and especially get the information needed to design a program of activities suited to your needs.

Programs are flexible, and it is worth mentioning that exceptional physical condition is not required to carry them out. If you have any doubt, call us; it would be our pleasure to serve you.

Dates:

As determined with the client

Subject to availability
