

Leadership Journey to Bhutan

Exploring Gross National Happiness

April 10-24, 2026

Join a team of fellow leaders on a unique – once-in-a-lifetime – journey into the heart of Asia, in a secluded Kingdom committed to Gross National Happiness, by preserving traditional culture and the unspoiled Himalayan nature.

In the last century we made great progress exploring outer space. The next exploration humanity will need to undertake is into inner space. Because it is our inner space, our mind, which determines the quality of our actions in the world.

the Dalai Lama



Leadership today

Our inner space determines who we are. The quality of our mind – the awareness of ourselves and our context – is a critical function of leadership today. Yet in today's busy and increasingly volatile and complex world, we find little time for exploration of our inner world.

In this journey, traversing an awesome landscape with forested mountains, blue skies, wild yaks and ancient Buddhist monasteries, we will explore deeper levels of our mind and our beliefs about the future of this planet. Learning from an ancient culture, with a bold commitment to Gross National Happiness, we can renew and inspire ourselves as leaders for a more sustainable future.

The Bhutan Leadership Journey, which build on a series journeys to Asia that we have held since 2007, offers a unique program with the following elements:

1. A special learning experience while travelling through an uncharted area of Bhutan, a secluded Kingdom devoted to Gross National Happiness
2. Opportunity for deep reflection in a sacred landscape, learning from the rich world of Buddhism
3. Deep personal inquiry into leadership, supported by mind/body practice, nature immersion, group dialogue and personal coaching



Program

After flying Bangkok to Bhutan, we will spend two days acclimatizing in Thimpu, the capital, where we will meet with government officials, learning from the concept of Gross National Happiness. Next, we will embark deeper into pure nature, living among farmers and nomads. While camping near a monastery, we will explore the philosophy and practice of Buddhism. We will spend our days under blue skies, experiencing a nature immersion and going on journeys on foot and horseback. The evenings we will spend around the fire place, gazing at the deep moon-lit skies.

Finally, we will return to the Paro valley, where we will visit the awesome Tiger's Nest temple and synthesize our experiences in a renewed leadership vision. On the last day we can visit Paro market with traditional handicraft, arts and trade. We will return to Bangkok, where we can stay overnight in a quiet hotel.

Leadership dimension

The purpose of the journey is to explore and develop ourselves as leaders. It thus differs fundamentally from the typical business travel or vacation – it really is an adventure stimulated by the vibrant Buddhist culture of Bhutan and its unique model of development Gross National Happiness.

The journey addresses two levels of experience: the outer and the inner. Program activities will address these levels on a consistent basis through dialogue, coaching and personal contemplation. Every day will start and end with reflection.



Who will participate?

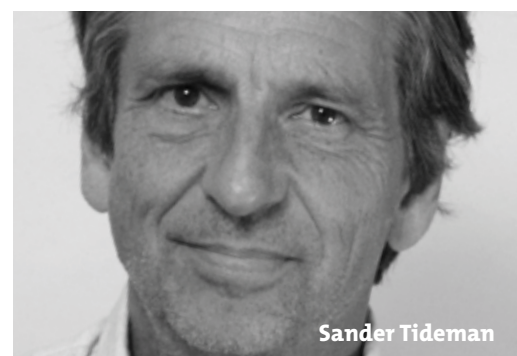
This journey is meant for anyone who is willing to experience an ancient culture with a different worldview and explore what this means for him/her as a leader. Preference is for people who are willing to go beyond the comfort-zone, open to be challenged and transformed, and who are eager to grow as leaders for a sustainable future on this planet.

Who will accompany you?

Sander Tideman, founder CEO of Triple Value Leadership, lived and worked in Asia for many years, of which ten years as an international banker. He has visited Bhutan on many occasions, working with the government of Bhutan on operationalizing Gross National Happiness, leading to the first global conference on GNH. He has been student of Buddhism since 1982 and regularly leads leadership retreats and journeys.

Reinier Tilanus is executive coach and facilitator with many years of business experience, of which sixteen years with Unilever in Supply Chain. He has lived and worked in Holland, Germany and Vietnam and extensively travelled in Asia. He has been a dedicated Buddhist practitioner for over twenty years with several teachers and is also a certified mindfulness trainer.

Sander and Reinier have led journeys to Tibet, Mongolia and Bhutan together since 2007



Sander Tideman



Reinier Tilanus

Details

April 10-23, 2026

Departure

Departure (from Amsterdam): April 10, 2026

Return

Return (from Bangkok): April 24, 2026

Journey fee

€ 6200,- per person
including travel Bangkok-Bhutan, excluding travel costs to Bangkok

Early Bird Fee:

€ 5900 (before January 1, 2026)

Registration at: www.triplevalueleadership.com



What earlier participants said

“An essential experience for anyone interested in leadership. A moment for reconnecting with my own inner sources and the inspiration needed for creating the next level leadership in the West”

Ingrid Bergstein

“The Journey exceeded my expectations. It was a valuable experience to discover silence in a beautiful landscape and authentic culture. The experienced revealed my purpose to bring happiness into my organization and take leadership to make that real”

Wieke Janssen

“The insights I gained from the experience in Bhutan gave me the courage to take leadership for a vision that represent my values and convictions. It catalyzed something in me that had been dormant for a long time”

Linda Hovius

