



LUPUS DUX

"Expedition Individuation" - not only an expedition into the Namibian wilderness, but also an individual journey into one's own personality and development.

Thomas Keller, Founder

WE ARE...

A **training institute** for **personal development, leadership** and **specialised skills** based in **Namibia**. We offer unique training programmes in the Namibian wilderness, which enable our participants to learn new skills and apply and test them in extreme situations.

UNIQUE SELLING POINTS

Application of the "**EXPINDI**" [®] principle. This includes....

✓ our **unique psychological concept** and coaching, based on military aptitude testing, personality psychology and survival psychology

✓ the implementation in the **wilderness of Namibia**

✓ a **team of experienced instructors** from the fields of psychology, coaching, emergency medicine, survival as well as civil and military leadership

OUR TARGET GROUPS

- **Executives** as individual participants in small groups
- **Outdoor enthusiasts** who want to surpass themselves and are looking for an extraordinary adventure far away from day-to-day life
- **High-performance teams** as a closed course group (between 6-10 people)

WE OFFER...

- Preparation and follow-up courses on-site in northern Germany or online
- Creation of an **individual personality analysis** (LINC Personality Profiler), a personalised coaching concept tailored to this and individual coaching by a PhD psychologist
- Participation in the **7-day training course in Namibia** including accommodation and meals at a lodge on the edge of the Namib Desert (incl. transfer from Windhoek), including
 - three days of practical training modules in our outdoor training centre
 - three days and nights in the wilderness, where you can directly apply your newly acquired knowledge and skills
- **24/7 medical security**

[Experience report](#)



[Impressions](#)



[Instagram](#)





LUPUS DUX



YOU WILL....

- go beyond your own limits in a protected environment
- **lead yourself and others** to a common goal, even under adverse conditions.
- **increase** your physical and mental **resilience** and self-confidence
- learn to make quick decisions under particular stress in an unknown setting
- learn and apply different **survival techniques**
- spend day and night in the **unique rugged beauty of the Namibian wilderness**
- Experience both **extreme adventures** and **"switching off"** far away from everyday life
- Build a **long-term network** of like-minded people forged under pressure

€ 7.500



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OUR CONCEPT

Our unique **EXPINDI**[®] (Expedition Individuation) principle combines:

- the latest scientific approaches in **adult education, psychology and coaching** methods with
- proven **elements of military leadership** training and
- a **unique expedition character** in the nature of Namibia.

OUR TEAM



Course director

[Thomas Keller](#)



Outdoor Coach

[Hanns-Christian Neumann](#)



Psychologist

[Dr. Fabio Ibrahim](#)



Project Support

[Juliane Hahn](#)



Emergency physician

[Andreas Deschler](#)



Feelgood Manager

[Loki](#)

EXPINDI[®] supports the teaching of the programme content in a unique way, actively promotes **"individuation"** - i.e. self-development through the integration of different personality traits - and triggers **transformative learning processes.**