

Full Spectrum's 2026 Adventure Quest™ Men's 10X Leadership Ascent:

A 10-Day Integrative Professional Expedition

Tour du Mont Blanc



LUXURY CUSTOM TRIPS

Dare to Dream - Ask for What You Want
- Redesign Yourself



NATURE

GUIDED DAY HIKES

Embrace Adventure - Awaken Yourself
- Claim Your Path



COMMUNITY

TRAVEL COHORTS

Make New Friends - Make New Choices
- Create Your New Life



European Alps - August 2026


For the Men Who Keep Putting Off the Mountain

Four years ago today, I stood with Elora on Day 3 of the Grand Teton Crest Trail. We laughed as we pointed toward Grand Teton in the distance, thinking it was still days away. But by nightfall, we were camped at its base. That day taught me something deep: our sense of how far we are from the life we want is often wrong.

Most men I coach and guide have already climbed so many summits—careers, status, success—but still feel distant from themselves. They've built wealth but put off real freedom. They lead teams but feel unsure how to lead from within. They've collected titles, possessions, responsibilities—but can't quite name what they're truly here for. Many of us were taught to seek control, power, and performance—yet feel lost when navigating the inner wilderness of longing, uncertainty, or emotional truth. We learned to delay our dreams until the timing was perfect, yet the trail never clears on its own.

A 10-day hut-to-hut alpine journey around Mont Blanc. It's not a vacation. It's not an escape. It's a reckoning, a remembering, and a radical invitation into embodied leadership—grounded, real, and rooted in who you're here to become next.



 **Trip Leader**
John Armstrong
(612) 704-2878

**Pre-Register
Today!**

Full Spectrum Coaching and Consulting



FULL SPECTRUM'S ADVENTURE QUESTS™

TRANSFORMATIONAL TRAVEL PROGRAM

What Trip Calls To You ?

Discover and Explore Your World of Possibilities



- Discover diversity and cultures outside of your upbringing
- See the world and yourself from a different perspectives
- Experience yourself connecting and engaging as a global citizen

Envisioning and Establishing Your World

Pre-Register Today!



- Get a clearer vision of what is your purpose in this world
- Hone in on your unique dreams, goals, mission and identity
- Get custom coaching support, encouragement and accountability

Reinventing You and Yourself in the World



- Expound and liberate - learn from the past and embrace the future
- Redesign who you are and what is important to you now
- Get support mapping out your next chapter to build momentum

Bucket List and Legacy Fulfillment

- Gift you and/or a loved one a storied trip-of-a-lifetime
- Rejuvenate and refresh your soul in a supportive cohort adventure
- Advocate for your own style of aging well, gracefully and communally



MEET YOUR GUIDE AND TRAVEL ADVISOR

**Pre-Register
Today!**

John Armstrong
Trip Leader

John Armstrong is a 25-year storied small business entrepreneur, speaker, professional guide and holistic business coach and consultant. He is the founder and owner of a boutique style house painting company in Minneapolis, Minnesota and has been a coach, trainer and employer for over two decades including through the great recession and the pandemic.

A silver lining in the pandemic for John was the reawakening of his talents and passion for experiential leadership development through travel, adventure education and the overcoming of adversity. Launching Full Spectrum Coaching and Consulting with an approach that integrates personal and business mastery with next level leadership development is his second dream come true business.

Incorporating a travel program truly reflects John's ethos as he's been a professional guide since 1990 with travels throughout the US, Canada, Latin America and Europe. John is thrilled to now offer his Transformational Travel Program inviting others to join and share along the path.

