



# SEMPER TECUM

Always with you

Designing immersive experiences to ignite authentic family relationships

# The Father-Son Expedition

*The journey every father and son deserve*

This experience isn't a retreat or a vacation — it's a guided rite of passage that reconnects fathers and sons through adventure, challenge, and reflection, set in an exclusive Panamanian beach and wilderness resort with all-inclusive luxury service.

**A transformational moment designed to be  
the last trip you'll never forget**

**Panamá 2026 • Limited edition • Book a call today!**



# In a world that advances without pause...

- Where technology dominates silence
- Where time seems like a luxury
- Where fathers and sons can live together...without knowing each other

Many fathers and sons think...

**“We spend weeks without talking.”**

**“Every conversation ends in a discussion.”**

**“I do not know what to talk to him about.”**

## Sometimes we must disconnect to reconnect

- Adventure and challenges in nature
- Intimate moments of reflection
- Powerful conversations

## Before growing older and becoming a man, there are conversations that shape this relationship for life:

- Rediscovering: From father and son to men
- Becoming: Your own man
- Contributing: Leave a legacy
- Overcoming: Close cycles and heal
- Building: Forge an alliance for life



# The men who belong here

This experience is for adult fathers and sons who:

- Are in a transition point in life—adulthood, leadership, relationships, fatherhood, or purpose
- Value personal responsibility, character, and intentional growth
- Seek clarity and depth, not surface-level motivation
- Are open to reflection, honest dialogue, and emotional maturity
- Respect tradition while choosing their own path forward
- Want meaningful brotherhood rooted in trust and confidentiality
- See strength as discipline, integrity, and self-awareness

Semper Tecum Father-Son experience is specially crafted for a man:

- Wanting to lead by example
- Healing, integrating, or closing a chapter
- Feeling “called” to something more—but can’t yet name it

\*Must be 18+

**The Semper Tecum Father-Son Expedition** is a guided immersive experience designed to rebuild one of the most influential relationships in a man's life.

Fathers and sons move through a proven progression – understanding their bond, developing emotional strength, learning how to communicate through conflict, and ultimately stepping into a shared vision of leadership and legacy. This journey prepares you even before arriving in Panama. You will be ready to engage! The result is clarity, trust, and a relationship that can evolve powerfully into maturity and beyond.



## Semper Tecum experiences ARE:

- Reflective, structured, and intentional
- Grounded on neuroscience, tradition, and lived experience
- Safe, confidential, and deeply human

## Semper Tecum experiences are NOT:

- Therapy
- A motivational seminar
- A religious retreat
- A test of toughness or endurance

Semper Tecum means “Always With You.”

You don't come here to become someone else. You come to remember—and strengthen—who you already are.



## Why does it work?

- Small groups (max. 12 father-son pairs)
- Intentional spaces and moments in nature
- Led by experts in connection and development
- Semper Tecum is a designed shared experience

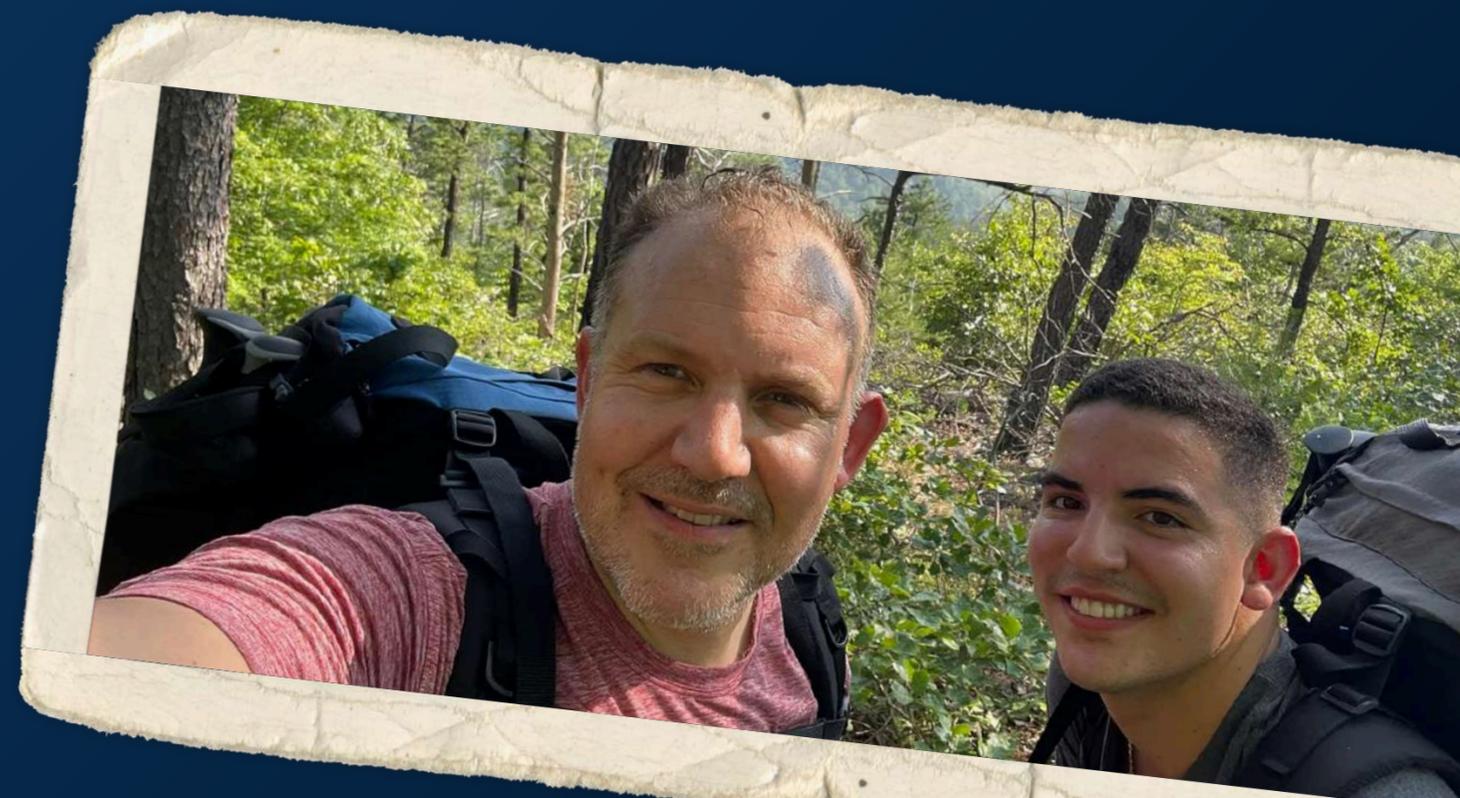
### The adventure prepares you for a before and after:

Shared experiences are powerful in creating human connective bonds because they work simultaneously at the biological, psychological, and social levels. They don't just create memories—they wire meaning, trust, and identity into the relationship.

Shared experiences bond humans because they synchronize nervous systems and transform “you and me” into “us.”

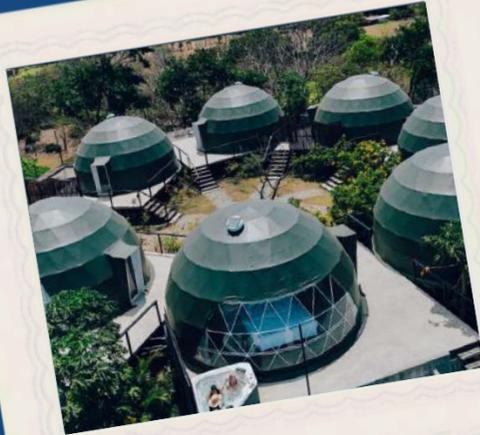
## Get on board!

“Sometimes the best place to reconnect is not at home — but somewhere designed for transformation.”



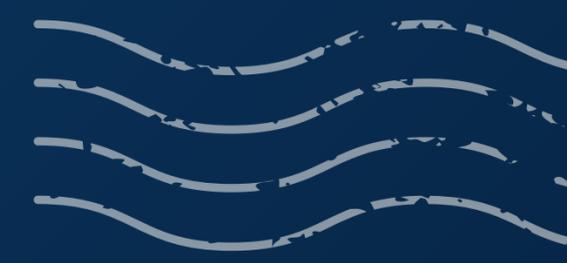
# An all-inclusive Experience at Alaya Playa Venao, Panama, including:

- 7 Days / 6 Nights
- Private charter flights (Panama City ↔ Pedasí)
- Roundtrip transfers
- 6 nights of luxury accommodation
  - Gym, yoga dome, in-suite mini bars, and private pools
- All meals (private chef-prepared), farm-to-table style
- Welcome package
- Dedicated butler & full staff service throughout your stay
- Designed immersive experience with guided activities
  - Hiking and fishing
  - Community service project
  - Choose your extracurricular activities: Surf-Paddle-Boating-Snorkeling
- Curricular courses and training sessions
- Professional facilitation team (coaches, adventure guides, yoga/somatic)
- Digital detox & coaching
- Sober experience (no alcohol)
- Access to the Semper Tecum fellowship for support and follow up





**Here are the courses and training sessions included in the Father-Son experience:**



# The Father-Son Code

*Understanding the Psychology of Your Bond*

You'll gain the language and clarity to finally understand what's really happening between fathers and sons—across generations. This isn't theory for theory's sake. It's insight that helps you recognize inherited patterns, unspoken expectations, and the psychological forces shaping your relationship, so you can show up with maturity, wisdom, and intention.



# Rebuilding the Bridge

*A Reset, Not a Replay of the Past.*

This is where old assumptions stop and a new chapter begins. Fathers and sons arrive with a clearer understanding of each other's behaviors, wounds, and intentions—creating the conditions for trust, respect, and genuine connection to grow again. No blame. No baggage. Just a solid foundation to rebuild the bridge.



# Decode Each Other

*Strengths, Styles & Bonding Assessment Journey*



Before you ever step into the experience, you'll understand how each of you thinks, reacts under pressure, and communicates. This reduces friction and makes connection smoother—so you arrive already operating with clarity instead of confusion.

# Master Your Inner Warrior

## *The Strength Blueprint*

True strength is the ability to stay grounded, reflective, and emotionally steady. This course helps fathers and sons break old habits of shutting down or pushing emotions aside. You'll develop the inner strength to speak honestly, listen fully, and show up as calm, present men—without losing your edge.





# Unshakeable

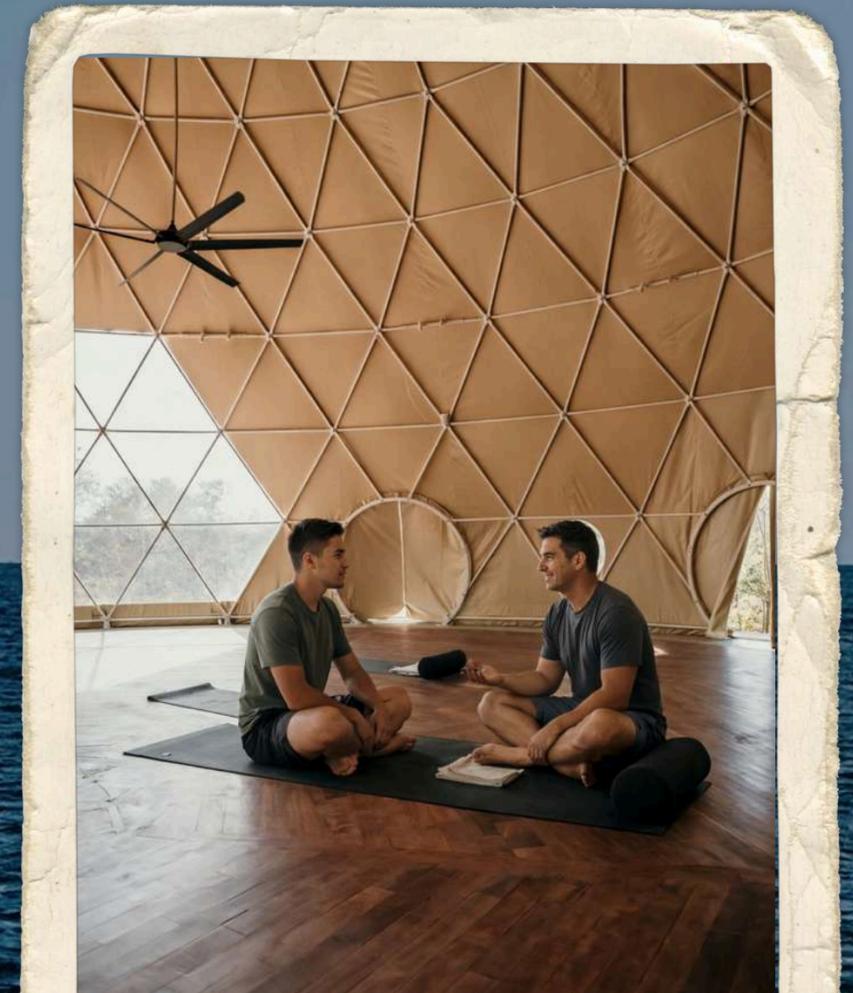
*Resilience & Mental Toughness Training for Men*

This training sharpens your ability to stay calm under pressure, manage stress, and handle emotional triggers—on the trail and in life. You'll arrive mentally prepared to face challenges head-on, stay present during intense moments, and fully engage in every part of the journey.

# Brave Conversations

*The Father-Son Communication Breakthrough Lab*

You'll learn practical tools to handle conflict without shutting down, getting defensive, or walking away. Fathers and sons arrive ready to talk about the hard things with clarity, respect, and strength—turning difficult conversations into breakthroughs instead of breakdowns.





This shifts the dynamic from hierarchy to partnership. Fathers become stronger mentors. Sons step into confident self-leadership. Together, you align around responsibility, service, and a shared vision of leadership that extends beyond the experience and into family, work, and life.

# Lead the Legacy

*Father-Son Leadership Mastery*



# Legacy Makers

## *Crafting the Father-Son Purpose Map*

Deepens meaning and creates alignment before arrival. Helps fathers and sons clarify who they are, what they stand for, and the legacy they want to create together. This sets the emotional and spiritual intention for the entire journey.





# Warrior Prep

## *Adventure Fitness & Survival Fundamentals*

This ensures you're physically prepared for adventure—reducing risk, increasing confidence, and maximizing enjoyment. You'll build the stamina, awareness, and readiness needed to fully experience every challenge Panama has to offer.

# Into the Wild

*Panama Culture, Nature & Adventure Primer*

You'll arrive familiar with the land, culture, and adventure ahead—eliminating anxiety and guesswork. Knowing what to expect allows you to step into the experience confident, excited, and deeply appreciative of the environment you're about to enter.

**This isn't about fixing what's broken.  
It's about forging what's possible—together.**



# Imagine your expedition

## Before the trip:

- Onboarding and preparatory sessions: Warrior Prep & Into the Wild
- *Almost-there kit*
- Pre-adventure expert-designed sessions on father-son communication and connection

## During the trip:

- Mornings full of action: Hiking, fishing, surfing, paddling, snorkeling, & helping
- Afternoons melting into labs of learning, and discovering
- Nights immersed in reflection, unwinding, rewiring, and laughing

## After the trip:

- Enjoying a new relationship
- Follow-up coaching sessions
- Joining the Semper Tecum Fellowship
- Post-adventure expert-designed sessions on father-son



Semper Tecum at



ALAYA

*Panama*

## Who we are

The Semper Tecum Team believes that the quality of human life depends on the quality of our relationships. We create transformative experiences designed to generate conscious and genuine connections.

Presence • Connection • Growth •  
Authenticity • Legacy

Semper Tecum: Always together

The relationship between a father and his adult son is a mirror of the soul: it reflects our wounds, our stories, and our deepest love.



**Meet our facilitators**

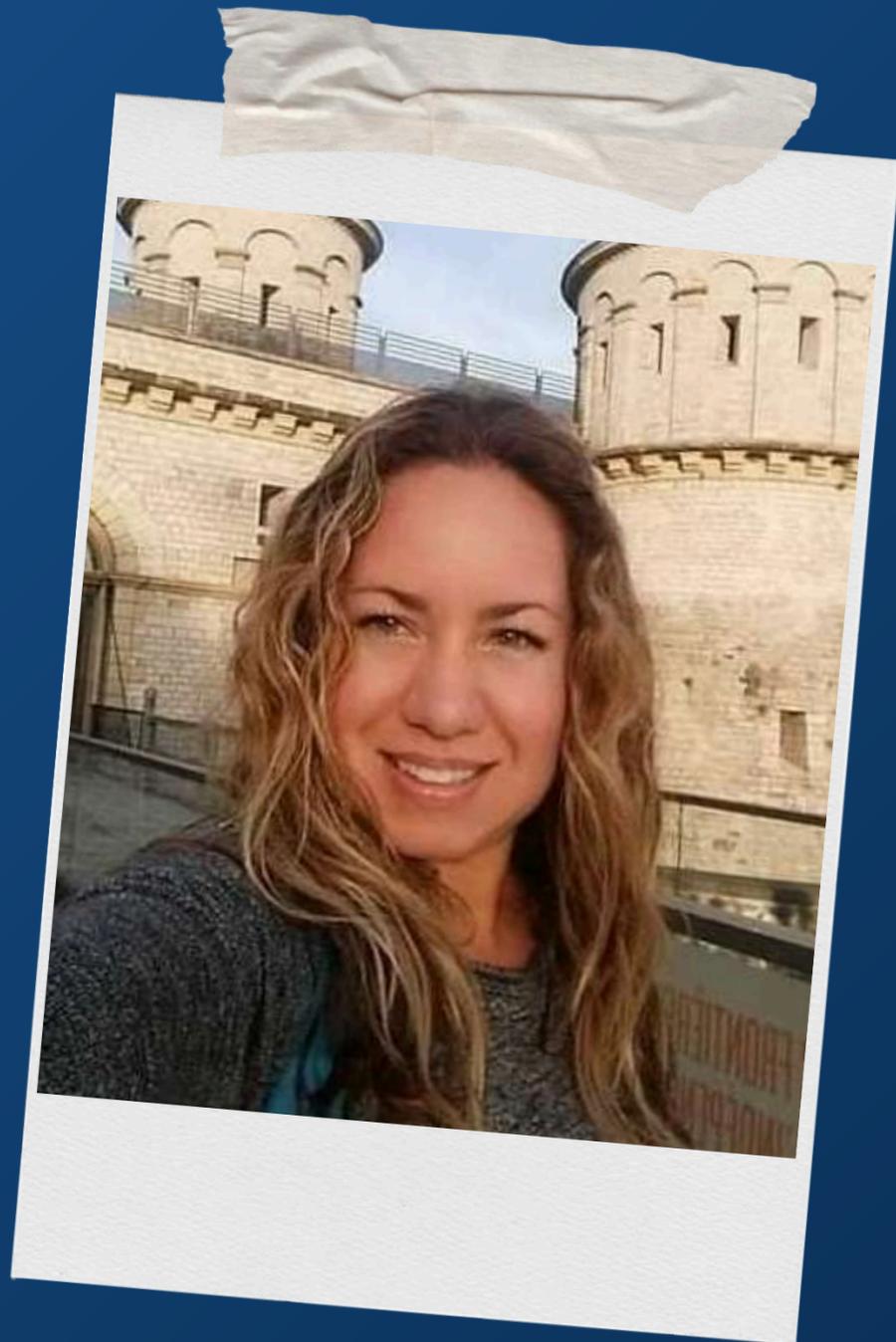


## SOL COMTE

Sol is a facilitator, somatic practitioner, and experience designer dedicated to creating safe, grounded environments for meaningful connection between men, fathers, and sons. His work integrates embodied awareness, conscious dialogue, and relational dynamics to support clarity, emotional regulation, and authentic connection.

Co-founding of Alaya in Panama, Sol has spent years in his study of psychoanthropology, meditation, yoga, Ayurveda, embodied awareness, advanced yoga teacher trainings in Rishikesh, Ayurvedic practitioner studies, and trained extensively in bodywork.

With years of experience guiding retreats, men's circles, and rites of passage for adolescents and adults, Sol is known for his calm presence, ethical rigor, and respect for boundaries. At the Father-Son Experience, he serves as a guardian of the container—ensuring safety, integrity, and depth—so participants can meet one another beyond roles, with responsibility and mutual respect.



## GISELLE POVEDA

Giselle Poveda is a C-suite executive, educational leader, and organizational strategist with decades of experience designing adult and experiential learning environments grounded in values and human development. A former university provost and senior academic executive, she has led complex institutions through growth, accreditation, and cultural transformation, with a sustained focus on character formation and meaningful learning.

As an international consultant, writer, and professor, Giselle brings an adult-learning and reflective lens to the Father–Son Experience. She holds a doctorate in higher education administration and advanced training in education and curriculum development, with academic foundations in business, history, and philosophy. Co-founder of Semper Tecum, her work centers on creating intentional frameworks where dialogue, responsibility, and intergenerational understanding can emerge—supporting fathers and sons in strengthening their bond and navigating life transitions with integrity, clarity, and purpose.



## SEBASTIEN COMTE

Sebastien is the co-founder, co-facilitator, and operational lead at Semper Tecum, bringing structure, steadiness, and grounded leadership to the experience. With an international career spanning entrepreneurship, finance, and senior executive roles, he has held CFO-level and leadership positions across Europe, North America, and Asia, developing strong strategic, organizational, and operational expertise in high-pressure environments.

After a pivotal personal reset that redirected his focus toward health, balance, and inner clarity, Sebastien integrated formal training in wellness and personal development with his operational strengths. As co-founder of Alaya in Panama, he now anchors complex retreats and immersive programs with precision and care. At Semper Tecum, he holds the logistical and energetic container—ensuring participants feel safe, supported, and fully present so meaningful relational work can unfold with ease.

# Choose your dates



May 24-30 | June 21-27 | June 28-July 4 | August 9-15

MAY						
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## Your expedition investment

\$15,000 per pair  
One all-inclusive experience for two!



## What is not included

- Travel insurance
- Airplane to Panama city
- Optional upgrades
- Personal expenses

*Everything else is included so you can focus on the experience.*

## Commitment & Policies

### Deposit

- \$3,500 (Non-refundable)

### Refunds / Transfers

- Refunds, may be available depending on timing. If the group cannot run, a full refund or credit for another date will be provided.
- Transfers may be available

**Minimum enrollment clause: 6 pairs**

Your investment is a step into a life-changing experience—curated, all-inclusive, and designed to create unforgettable memories.

**“Rebuild your bond. Redefine your legacy. Remember who you are — together.”**



In nature, by the sea, far from the noise, we offer a space to meet again.

To pause. To observe. To heal what was left unsaid. To laugh without fear. To remember that there is no greater success than a healthy and intentional relationship. To build together a new kind of relationship—a lifelong alliance.



**Always with you**



Apply for the next Father-Son Expedition – Panama 2026  
**Book an exploratory call today**



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[alayapanama.com/father-son-retreat/](http://alayapanama.com/father-son-retreat/)



[@sempertecum.life](https://www.instagram.com/sempertecum.life)

# Photo Gallery





















Taste of  
**ALAYA**  
Panama  
WiFi name : Alaya  
Password: keepsmiling



























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