

Wellbeing Retreat “Reset, Relax, Find Balance and Achieve Personal Success” (5 or 7 days) June 27th – July 3rd 2022



Program of Wellbeing Retreat

“Reset, Relax, Find Balance and Achieve Personal Success.”

Sunday, June 26th	Arrival. Welcome Dinner
Monday, June 27th	“Reset and Restore” Group Training Session by CDL (AM) Free time, wellness, sports and other activities (PM)
Tuesday, June 28th	“Finding Balance in Life and Work” Group Training Session by CDL (AM) Free time, wellness, sports and other activities (PM) Group cooking lesson (Evening)
Wednesday, June 29th	“Going Deeper Into Relaxation & Developing Resilience for a Calm Life” Group Training Session by CDL (AM) Free time, wellness, sports and other activities (PM)
Thursday, June 30th	“Finding Your Inner Self to Boost Your Energy Level” Group Training Session by MMK (AM) Free time, wellness, sports and other activities (PM) Group Dinner (evening)
Friday, July 1st	Group Training Session by MMK (AM) Free time, wellness, sports and other activities (PM)
Weekend	Time at leisure

Agenda 27th – 29th of June 2022

Day	Group training sessions with Cara de Lange
Monday, 27th	Reset and Restore In order to find balance, we need to reset and restore our mind, body and soul. In this session we look at practical ways on how to do that. Very relaxing and rejuvenating morning session to help you feel calm and balanced. In this session you will learn ways to reset and recalibrate and easy tools that will help you do this in the future. Includes meditation, stress management techniques. How to master your mental triggers and make peace with your own thoughts. Strategies to prevent and recover from burnout.
Tuesday, 28th	Finding Balance in Life and Work Find it hard to balance work and life? Want to learn how to be successful and balanced in both? This calming session will strengthen your wellbeing and help you create a long and happy life. We'll deep dive into what is really causing your imbalance and explore how you can create a healthier work life balance in a holistic way . Packed with practical , mindful tips and strategies you can use straight away. From how to manage screen fatigue, digital wellbeing & to learning to say 'no'.
Wednesday, 29th	Going Deeper Into Relaxation & Developing Resilience for a Calm Life We all have resilience in us but sometimes life throws us curve balls and we are thrown off track. This informative and relaxing morning session will help you create the right resilience so you can bounce back stronger. We look at 7 resilience strategies and techniques to help you build your inner strength , handy tips to help you look after your physical health (including sleep), and a useful method to help accept and move through challenging situations. Includes strategies to be kinder to yourself and others.

Agenda 30th of June – 1st of July 2022

Day	Group training sessions with Michaela Merk
Thursday, 30 th	<p>Finding Your Inner Self to Boost Your Energy Level</p> <p>Before we connect to others, we must be connected with ourselves. To be able to fully connect to ourselves, we must dare to get to know our own mind, our needs, our aspirations, our dreams, our emotions. During this morning session, the expert will teach you how to boost your level of emotional intelligence. This will happen in several stages in order help you better detect your own emotions but also to help you control and adapt your emotional reactions. The purpose of this morning session is to fill you with energy in such a way that you can easily restore energy on your own even after the retreat.</p>
Friday, 1 st	<p>Relating to Others to Boost Your Influence Level</p> <p>Not only managers and business leaders have to influence. Everyone can influence on his own level in order to be heard, accepted, followed, appreciated – even facing your own children. Knowing how to amplify your level of influence will give you a certain form of power and allows you to experience numerous successful moments in your live. In this morning session, the expert will guide you to explore how to boost your level of relationship intelligence in order to empower your communication skills in interaction with others, no matter their profession, seniority or gender. This can be in a one-to-one discussion, a negotiation (we negotiate many times a day) or a presentation. Taking part in the retreat and this specific training session you will become more influent in your personal and professional life.</p>