



***The color of Time* Retreat**

***When there is time to let the light shine,
colors become bright and we can see with new eyes.***

As a leader you are keeping course in the storm. At the peak of your abilities. This can be very demanding. Like many leaders, do you sometimes

...wonder where to find inspiration and the time to think?

...want to restore connection with your motivation, values and original pace of life?

...want to redefine your course of direction in work or personal life?

...and: do you long for time, space and quiet to achieve this?

The Color of Time Retreat offers you exactly this: an individually designed retreat program led by 2 coaches, in the company of maximum 1 other participant.

Why 2 coaches?

From very different perspectives and schools of thought, Yvonne and Nathalie can provide a fluid program designed specifically for you. The intake meeting provides us with the ingredients. We monitor your progress during the Retreat and adapt the program accordingly.

- Nathalie works with Transactional Analysis, Focusing, Findhorn Transformation Game, Deep Democracy, Marshall Goldsmith Leadership Practice.
- Yvonne works with Creative Expression, Mindfulness, Ziyou Qigong, Meditation, Art Based learning, Drawing in Movement, Voice Dialogue.

Why 2 participants?

Space and quiet are usually found alone... but we as humans don't grow in a vacuum! Therefore, at different times during the retreat, we offer ways to share experience, combine exercises, give and receive feedback.

When?

3 possibilities

June 14, 15 and 16; Friday 15.00 pm - Sunday 13.00 pm.

October 4, 5 and 6 2024; Friday 15.00 pm - Sunday 13.00 pm

November 22, 23 and 24 2024; Friday 15.00 pm - Sunday 13.00 pm

Where?

We have exclusive use of the private estate "Russelsbrook", Werkmansweg 92, 6002 NN in Weert. The farmhouse is surrounded by woods and farmland. It offers private rooms, a yoga-meditation space and an artist's studio with a view of the lake..

Investment

€ 895,- tax exc., including facilitation and materials, all vegetarian meals and accommodation.

Contact

Yvonne Russel 06-55804095, yvonne.russel@gmail.com | www.ziedezee.nl

Nathalie Gispén 06-21704400, info@gispeneffect.nl | www.gispeneffect.nl

