

Outwild-Innercalm Presents

Leadership Retreat

Women Only Edition

9-14 SEPTEMBER 2024 - KIRUNA, SWEDISH LAPLAND

Join us and rediscover your **core values** and **intuition**, **connect** with your inner **compass** in **nature** while cultivating **personal leadership**.



Curiosity



Courage



Compassion

About the Retreat.

Leadership starts with yourself; knowing yourself and knowing what you stand for. The goal of Outwild-Innercalm is to increase your personal awareness of who you are and what your work is, resulting in new insights that realize positive and lasting changes within your life and beyond. This genuine connection to yourself gives you the confidence to work with others and make important decisions. It will allow you to face obstacles creatively.

Price Includes:

- 6 Day programme
- 5 Overnight stays in Swedish cabin
- All meals, snacks & drinks
- Transfer to/from retreat location to Kiruna

Price does NOT include:

- Transportation to/from Kiruna

Activities:

- Intake with facilitator to set your intentions
- Mindfulness and massage techniques with Huskies
- Daily breathing and body exercises
- Development and self-reflection exercises
- Yoga session
- Nature excursions

Cost. €1750,- incl. tax

Bé van Lotringen
Facilitator & Psychologist
be@bevanlotringen.nl +31 6 51085683



Outwild-Innercalm Presents

LEADERSHIP RETREAT

9-14 SEPTEMBER 2024 - KIRUNA, SWEDISH LAPLAND

Join us and rediscover your **core values** and **intuition**, **connect** with your inner **compass** in **nature** while cultivating **personal leadership**.



Curiosity



Courage



Compassion

ABOUT THE RETREAT.

Leadership starts with yourself; knowing yourself and knowing what you stand for. The goal of Outwild-Innercalm is to increase your personal awareness of who you are and what your work is, resulting in new insights that realize positive and lasting changes within your life and beyond. This genuine connection to yourself gives you the confidence to work with others and make important decisions. It will allow you to face obstacles creatively.

PRICE INCLUDES:

- 6 Day programme
- 5 Overnight stays in Swedish cabin
- All meals, snacks & drinks
- Transfer to/from retreat location to Kiruna

Price does NOT include:

- Transportation to/from Kiruna

ACTIVITIES:

- Intake with facilitator to set your intentions
- Mindfulness and massage techniques with Huskies
- Daily breathing and body exercises
- Development and self-reflection exercises
- Yoga session
- Nature excursions

COST. €1750,- incl. tax



Bé van Lotringen
Facilitator & Psychologist
be@bevanlotringen.nl +31 6 51085683