



## Personal Autonomy within Strategic Synergy

### The Workshop

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#### **Why this workshop:**

In this workshop you will become enthusiastic (again) about yourself; you will learn how to be in control of your own life, rather than being controlled by others. You will become (re)connected to yourself and to your competences and you will receive suggestions to develop these competences. You will create awareness and self-confidence which makes you more effective, also towards others. You will reach that by getting into action, by sharing yourself with others and by receiving feedback from others.

#### **The workshop line:**

The line of the workshop is formed by two principles: *synchronicity* on one side and *polarity* on the other side. The workshop is based upon non-coincidental circumstances and the conviction that there are two sides to a shield.

#### **The approach:**

A board game, inspired by the ancient Game of the Goose, represents the outside and everything that happens on the game board represents the inside of the participants. A beautiful way of playing and, at the same time, looking at your competences and opportunities while (re)building a relationship with yourself and with others around you.

#### **Program:** (2 consecutive days plus 1 integration evening)

- Goals:** On this morning we will get acquainted with each other and the programme and procedures will be introduced to you. After that we will sharpen your personal goals to such a level that they are realizable within the context of the workshop. The best chance to be successful.
- Game:** From noon, time will be completely dedicated to the game. In an intensive way you will be confronted with all kinds of situations that you may recognize from your daily life. Why do you do the things you do, or why do you react the way you react? How come you are successful in one area and not at all in another area? Why do you repeatedly run into comparable situations or even partners? Today you will get all the mirrors you need in order to make a new and cheerful beginning with the rest of your life. By the way, most of the mirrors you will bring in yourself.
- Feedback:** This part will be dedicated to feedback, giving feedback and receiving feedback. This will be carried-out very carefully, one by one, with every respect and attention. Experience tells us that this individual feedback has a long term effect in daily situations.
- Integration:** During the integration the results from the workshop will be sharpened. We will offer you some more instruments in order to be capable of improving your intentions into real targets to commit yourself to. (between the workshop and the final evening is a 2 weeks interval)
- Agenda:** Workshop: from 9.00 till 20.00 hours (second day till 17.30 hours)  
Integration: from 19.00 till 22.00 hours