

The Self-Leadership Retreat

Empower the Self - Inspire Others !

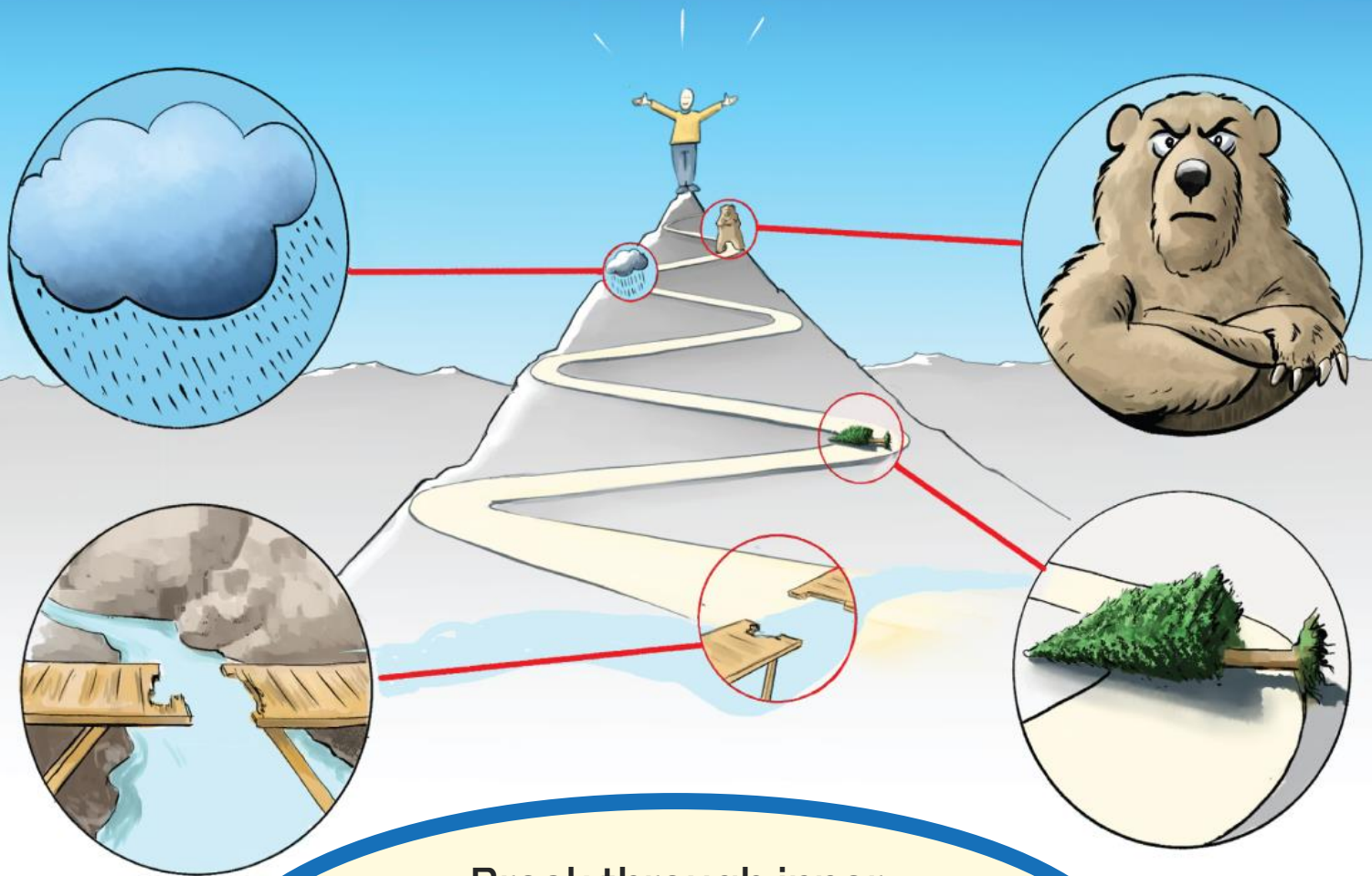
23 - 27 July 2023



An international retreat that sets your course anew

For managers, employees, private individuals -
for all who want to live the best version of their Self





Break through inner limitations in this international 4-days retreat in an amazing Seminar Hotel in the Swiss Alps!



The Self-Leadership Retreat

Empower the Self – Inspire Others!

In this program you will be guided on overcoming barriers that limit your inner greatness and fulfillment. With the right approach to self-leadership, you learn to be who you are meant to be. This journey of inner change is the greatest ever. It's not anyone's journey – it's yours. And others will be inspired seeing your change! This is how society will change – by leading examples.

“

The purest form of madness is to leave everything as it is and hope, that something is changing. - Albert Einstein.

”

METHODOLOGY



Goal-oriented process

Having a clear goal is the first step! From the beginning you work on the development and implementation of your self-chosen transformation-goal. How do you want to be?!



Minimum theory

Theoretical understanding empowers but doesn't bring change! Thus, theory is conveyed in a very compact and entertaining way and with practical examples. This opens the door to change.



Personal examination

The reason for self-limitation and its experience are different for everyone! You will find your individual causes and formulate your personal answers to them. You are being guided in setting your own course.



Choice of tools

"I like something you don't like." Various tools and mindfulness techniques are taught, from which you choose the ones that support you best. Not during these 4 days but for your entire life.



Interactive and varied

With attractive work documents, you are guided step by step through your personal process and thus you work on your "limit patterns".

You can expect:

- ✓ Silent self-reflection
- ✓ Practical exercises
- ✓ Exchange with others
- ✓ Trying out, writing, planning change
- ✓ Short surveys
- ✓ Q&A
- ✓ Stimulating presentation with powerful images
- ✓ **Accompanying offers beyond the retreat**
(Exchange on zoom, mindfulness exercises, meditations, ...)

STRUCTURE OF THE RETREAT

Start: Sunday 23 July, 5pm sharp. **End:** Thursday 27 July, after breakfast.

Retreat-Start, Sunday 23 July, 5pm sharp

- ✓ Settling in, getting to know each other
- ✓ Expectations
- ✓ Defining personal retreat aim for transformation

Retreat-Day 3 – Tuesday 25 July

- ✓ Setting personal Resilience training
- ✓ Pause – How am I doing on this inner journey?
- ✓ Self-Sovereignty - Defusing "inner bombs"

Retreat-Day 2 – Monday 24 July

- ✓ Finding first strategies to achieve my aim
- ✓ Taking leave from the path of fighting
- ✓ Clearing the path ahead of me

Retreat-Day 4 – Wednesday 26 July

- ✓ The Holy Self-Care-Walk
- ✓ Philosophy and mastery of internal change
- ✓ Winding up – Q&A – Celebration

There will also be periods of silence during the retreat, for example during certain meals. You will be able to join optional sessions: Walks, meditations, dialogues... We acknowledge that not everyone needs the same thing at the same time. However, all participants must genuinely be interested in inner change to become a Lighthouse for the World... But your journey does not stop with the end of the retreat:

Even after the retreat you will continue to be assisted in your transformation towards the best version of yourself.

RETREAT PLACE IN THE SWISS ALPS / Costs



The «Berglodge37» is a newly built sustainable and vegetarian seminar center for people with visions. This mountain oasis is located in «Eggberge», a car-free sun terrace at 1500 m altitude, which is accessible only by cable car (7min. ride).

The perfect place for your time-out in the great mountains of Switzerland to renew your spirit.

Check-in Sunday 23 July: from 3pm
Check-out Thursday 27 July: till 10am

Costs for accommodation 4 nights, incl. all meals, break catering, coffee/tea, retreat infrastructure, sauna, infrared cabin

Single room (14 available)		CHF 1099.-
Double room (9 available)	each	CHF 949.-

Seminar fee CHF 999.-*

*Unaffordable? Contact me and we'll find a solution.

We ask a full payment upon confirmation.

Registration deadline: 20 June 2023

For **cancelations after 20 Mai 2023** we ask to accept our non-refunding 'policy'.

Transport: each organizes and pays for own

From Airport Zurich:

Taxi (1 ¼ hours) approx. CHF 280.-

Public transport to cable care station

(2-3 changes, 1 ¾ hrs) approx. CHF 38.-

5-10 min. walk to seminar center. All details after booking.

RETREAT LEADER

Mathias Steffen

- ✓ Dipl. Stress- und Resilience-Coach CIS
- ✓ Cert. Integral Coach CIS
- ✓ 15 years headmaster at a large school in the city of Zurich
- ✓ Consumer goods marketing and internet start-up
- ✓ Studies in Business Administration/ State Diploma as Business Teacher, University of Freiburg, CH

- ✓ Meditation Expert: For 20 years course and seminar leader in meditation, positive thinking, and personal development.
- ✓ Coordinator of a meditation center in Zurich.
- ✓ Leading of international retreats:
India: "Closing the gap"
Italy and Denmark: "Resilience and Stability"
Norway: "Living with inner Resilience & Lightness"
Italy: "Empowering the Self"

CONTACT, INFORMATION and REGISTRATION



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