

THRIVE

Shift from a state of merely surviving into a life of thriving in this 6-session workshop series starting in October 2024 (bilingual French/English).

Each Thrive session will offer experiential activities around the IDG (Inner Development Goals) framework, which is grounded in a science-based understanding of inner development, providing universal goals for inner transformation.



Autumn/ Winter Season – Module 1, sessions 1-3

Being-Relationship to Self, Wednesday 9th October, 19:00 – 21:00:

Our relationship with our self is essential for achieving inner calm and presence. This can be a foundation for well-being and building sustainable habits.

Thinking-Cognitive Skills Wednesday 6th November, 19:00 – 21:00:

Cognitive skills support us to step towards our vision and goals. By cultivating these skills, we can make empowered choices that support sustainability.

Relating-Caring for Others and the World, Wednesday 4th December, 19:00 – 21:00:

Emotional intelligence is a foundation for effective relationships. Through this skill, we can cultivate a deep sense of empathy and care for other living beings and the natural world.

Winter/Spring Season – Module 2, sessions 4-6 (Dates to be confirmed)

Collaborating:

Collaboration is about working together and developing creative solutions. It builds a sense of community and fosters a culture of sustainability.

Taking action:

Taking actions that are congruent with our values is about implementing sustainable practices in our personal and professional lives and inspiring others to do the same.

Integrating session:

In the integration session, we will explore how to keep the momentum going beyond our sessions, share ideas and celebrate successes....

Where:

All sessions will be held in the spacious lifelong learning environment at Haus Am Becheler, Bereldange.

Fees: €225 for Autumn/ Winter Season (Being, Thinking, Relating).

€225 for Winter/ Spring Season (Collaborating, Taking action, Integration)

SPECIAL RATE: If you book both Seasons (all 6 sessions) together, benefit from a special price of €400.

About your Facilitators

Kate is an EAMBA registered mindfulness teacher and coach with over 25 years' experience supporting leaders, parents and individuals' step into a live of thriving.

Sophie is a learning designer and expert in behavioural skills with over 25 years' experience supporting positive growth in both corporate environments and educational institutions.

How to book?

Club Haus Am Becheler by mail: becheler@50-plus.lu Or by phone: 33 40 10

