

#1 Second Freedom - Reflect

What is Second Freedom – Reflect?

It is an exclusive 3-day-retreat for leaders to reflect, reassess and recharge.

This very special journey of intensive personal development provides a safe and stimulating atmosphere by limiting the number of delegates to 10 people.

The three days are facilitated by two senior executive coaches who bring over 30 years of experience in supporting leaders in their development.

We aim to guarantee confidentiality, therefore participation is limited to one person from each company.

A former said this:

- ▶ *An uncomfortable mirror was held up for me. I had been longing for this, but no one in my work environment speaks up like this.*
- ▶ *Even I, as a fairly mental and intellectual person, experienced an extraordinary shift inside of me. I was able to open up, because I trusted at any moment that I am supported one hundred percent.*
- ▶ *These three days really moved me, went deep. Without an emotional striptease, though, because every one of us could process their insights in their own time and style.*

Why do we offer it?

Most senior executives we work with are in over their heads and often in a chronic crisis mode.

They often say that leading people – especially in times of crisis, complexity and polarization – is challenging and draining. Taking the time to exhale and reflect helps them remember that leading people is also extremely rewarding.

Because being part of people's journey gives them a strong sense of purpose.

To reconnect with this purpose, we help you explore the question: what is it like being led by you?

What happens during SF-Reflect?

- ▶ **You are able to take the time that you rarely take**
- ▶ You dive into your most challenging topic – without distraction
- ▶ **You look at the big picture** - your life, your current roles and your overall mission.
- ▶ **You receive mutual support** from people outside your world who are in similar positions to yours; highly professional peers from different industries and walks of life who share their honest views with you
- ▶ **You receive rare feedback** - challenging and supportive - from peers who are not afraid
- ▶ **You examine obstacles** – inner and outer - that stand in your way
- ▶ **You reflect your vision** and mission and recommit
- ▶ **You experience effective self-care practices** - designed for high performers.
- ▶ **You develop a complete picture** of the person you have come to identify with
- ▶ **You learn to distinguish** between what you identify with and what you truly are

What are your take-aways?

- ▶ On an individual level, our qualified senior executive coaches help you on any topic you bring.
- ▶ The focus is on you, to explore your issues - and their potential – with full attention
- ▶ You learn practical techniques to quiet your mind, balance inner tension, increase your presence and sense of wellbeing.
- ▶ You experience handpicked tools, methods and models that catalyze insights into who and what you identify with, what drives you, what stands in the way and how you can develop.

You can expect a significant shift for when you are back in your role and context.

Second Freedom – Reflect helps you reach a new clarity – to help you spread clarity among those around you.