



Second Freedom - Reflect

AN EXTRAORDINARY TIME TO REFLECT

OFFERED BY SECOND FREEDOM



“

When you change the way you look at things, the things you look at, change.

”

WAYNE DYER

Content



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Reflect.
Reassess.
Recharge.

- ▶ **Reflect:** Take a bearing of your leadership journey, your current role and position. Check your current course, your resources and mindset.
- ▶ **Reassess:** Discover and check alternative routes, develop new ways of thinking and re-commit to an updated personal and professional vision.
- ▶ **Recharge:** Cultivate a frame of mind that is most effective in our complex world: both, fully engaged and resourcefully undisturbed at the same time.

An Exclusive Time to Reflect

The Odyssey is a very special 3-day journey of intensive personal development. During those 3 days you will

- ▶ **Focus:** on yourself, your life, your current role and your overall mission.
- ▶ **Revisit:** look at your journey up until today and your situation in the present.
- ▶ **Update:** your vision and mission and recommit to setting the sails.
- ▶ **Exhale:** Step away from crisis mode and experience effective practices in self care and wellbeing for high performers.





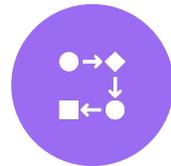
Where are you in your life right now? What have you achieved? What do you have? Who are you choosing to be? What actions have brought you to this point in your life?



Where do you want to go? Which strengths do you possess? Which do you wish to develop further? What are your inner obstacles and limitations?



We are here to help you design your personal development plan to reach your goal



Bring your past, your present and your future into powerful alignment.

Where are
you now
and where
do you go
next?



What's in it for
you?

A time for conscious reflection

- ▶ **Leading people** – especially in times of crisis, complexity and polarization – is challenging and draining. Leading people is also extremely rewarding. Being part of their journey can give you a strong sense of purpose. We help you be clear: what is it like being led by you?
- ▶ **Receive rare feedback** from people outside your world who are in similar positions to yours. The other Odyssey participants will give you honest, supportive and challenging feedback about how they perceive you at different times during the retreat. The feedback becomes deeper and more precise as we proceed and the more the group gets to know each other.
- ▶ **A conscious time to reflect** on yourself, your relationship with others and the system you work in. You will take the time that you hardly ever take in your everyday life. Look at your life's experiences that had an impact on you. Develop a complete picture of the person you identify with.

What's in it for you?

Create

- congruency between your personal and professional future.

Discover

- the inner obstacles that stand in your way.

Gain

- Wisdom
- Inner clarity

Distinguish

- between what you identify with and who you truly are.

Boost

- The professional coaches, your peers and your intensive reflection will boost your awareness, clarity, focus and resolve.

Ensure

- A concrete and very specific development plan will ensure that you will put your insights into practice.

What will you experience?

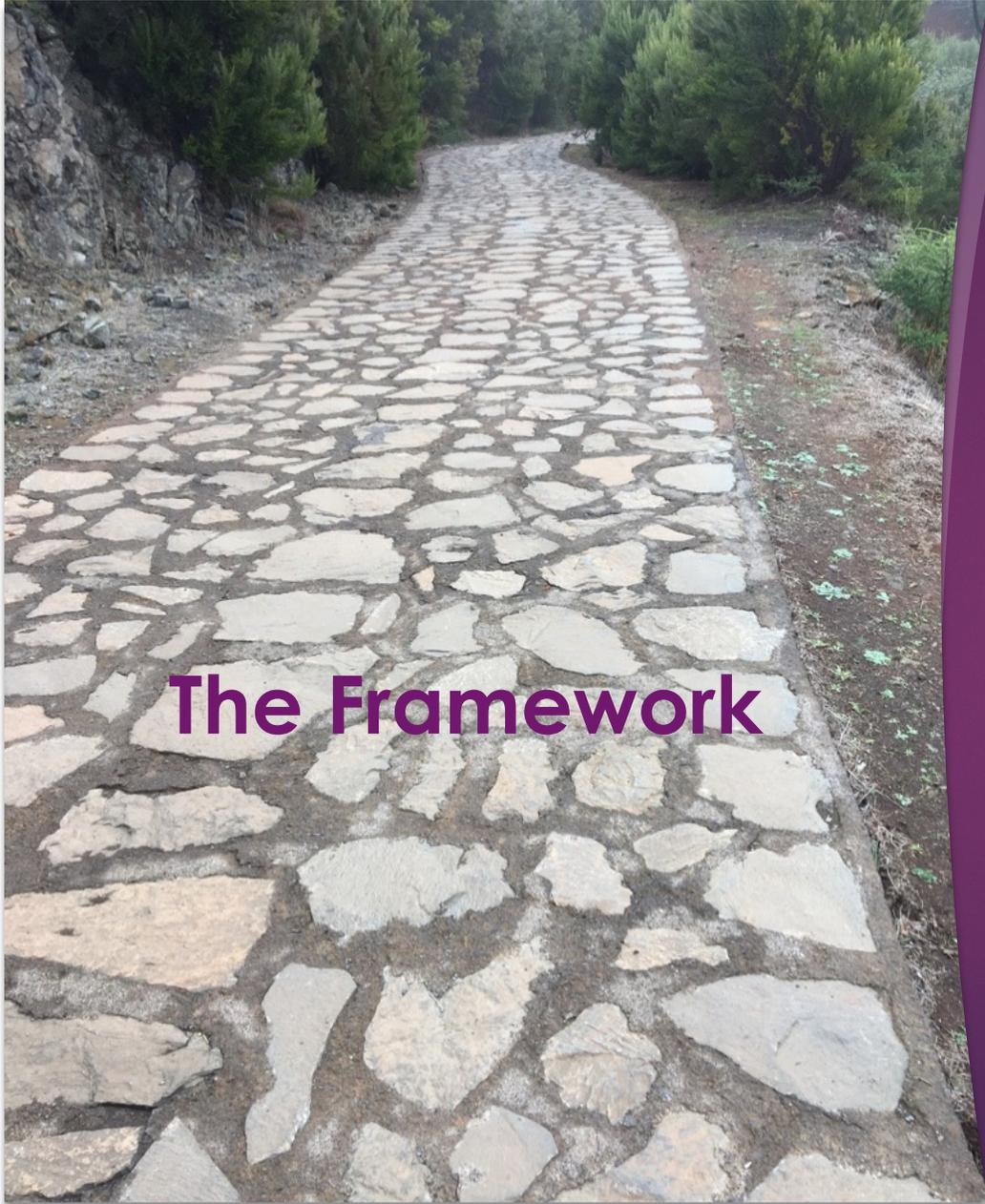


- ▶ **Mutual Support.** Highly professional peers from different industries and walks of life will share their feedback and become true companions on this journey. You will share experiences that will help broaden your perspective and shift your thinking and doing to a higher level.
- ▶ **One-On-One Coaching.** On an individual level, our qualified senior executive coaches help you on the topics you bring. The focus is on you, to explore issues and their potential – without any distraction.
- ▶ **Self Care & Wellbeing.** During this journey we will introduce you to pragmatic techniques to quiet the mind, balance inner tension, increase your presence and sense of wellbeing.

What will you experience?



- ▶ **A Variety of Tools, Methods and Models.** We use a variety of proven and effective tools, methods and models that have proven to catalyze insights into who and what you identify with, what drives you, what stands in the way and how to develop significantly.
- ▶ **A Remarkable Increase in Self Awareness.** Three days of exceptional experiences that contribute to sustainable shifts that truly serve you in your role and context. This clarity helps you spread clarity among those around you.



The Framework

We create a safe and stimulating atmosphere by limiting the number of delegates to 10 people. With your help, we aim to ensure an environment that provides for wellbeing, depth and intensity. Everyone brings a challenging topic and/or pivotal, reflective question and is ready to share these, so everyone can benefit from them.

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

In order to guarantee confidentiality, participation is limited to one person from each company.

Typical Challenges we explore

- ▶ Action/Advocacy vs. Inquiry
- ▶ Perception of yourself vs. other's perception of you
- ▶ Competencies vs. Capacity
- ▶ Certainty vs. Change
- ▶ Structure vs. Emergence



Testimonials

- ▶ I was never this close to myself before.
- ▶ This was an intensive reflection, that went under my skin.
- ▶ *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 pretty 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.*





Your Coaches



Marion
Riehemann



David Daniel

Conditions



- ▶ \$ 5,000 Fee per participant
- ▶ Services included:
 - Phone interview prior to retreat regarding goals & expectations
 - A 3-day reflection with exceptional content and methodology for the highest demands
 - An intensive and professional accompaniment by senior coaches, specialized in leadership development
 - A set of practical and proven practices to calm the mind and recharge your system
 - All participant handouts and materials
 - A photo documentation of the retreat
 - A one-hour individual follow-up telephone call with a coach to help implement your next steps



Location

Dates 2021/2022

Upon request





Second Freedom

MARION RIEHEMANN & DAVID DANIEL