3-day workshop in Prague:

DEVELOPING RESILIENCE AND KEEPING YOUR HEART OPEN

THE ART OF SETTING BOUNDARIES

We'll share teachings from the Mother Continent and the wisdom of South Africa: Connecting with your roots as a resource is a forgotten strenght in setting boundaries.

From Friday to Sunday

3 - 5 of March 2023

PRAGUE, Maitrea, Týnská 6 (side street of the Old Town Square)

INTERNATIONALTRAINERS

- Ria Verlinden www.the7thC.be
- Petra Van Den Dragt www.theroots.nl
- Wendy van Nunen www.wendyvannunen.be

Free online introductory session of the program and trainers: 11/02/2023 from 9.30am to 11am

Program

Day 1 (2:00pm - 9:00pm): Where do I belong?

Day 2 (9:30am - 6:00pm): The power of recognition

Day 3 (9.30am - 5:00pm): Standing tall in gratefulness

Price

Business: 495 EUR (ex VAT)
Private: 395 EUR (ex VAT)

When participating with 2 or more people, you will receive a 30% discount

Price includes facilitation and refreshments.

(If payment is difficult, please contact Ria Verlinden, info@the7thC.be or Mobile/Whatsapp +32475317280)

For practical questions contact Alena Srbová, alsrbova@gmail.com or +420604242434



Ria Verlinden



Petra van den Dragt



Wendy van Nunen



JOIN US: register using the attached form

About the trainers:

Ria Verlinden:

Trainer, coach and supervisor in systemic work, traditional wisdom and rituals. She is a citizen of the world and through her many years of international work she developed into a colourful woman.

She has a strong connection with Africa – the Mother Continent. For more than 30 years she guides women and men in their personal and professional growth. Today, as an Elder, she facilitates transition: from knowledge to wisdom, from knowing to being,

From being nice to be clear, warm and strong. Taking up leadership versus being controlling is a strong journey for all of us. And for herself.

Petra van den Dragt:

Petra lives in a small village in the Netherlands. She has experience as a board member and a supervisor in Dutch healthcare system. Starting out as a nurse, she has built her career in the corporate world to her current entrpreneurship.

In 2018 systemic work and constellation came into her personal and work life. She recently graduated as a facilitator at the African Constellations School in Cape Town with Tanja Meyburgh.

Leadership, health, and illness are topics she is keen to work with. In her work she is curious about messy places and their information.

Wendy van Nunen:

For the past 25 years Wendy worked for and in small and large organizations as payroll and HR consultant, manager, coach and trainer. She experienced business and Human Resources in different roles first within a company and from 2014 as an entrepreneur.

She's trained as a systemic coach and organizational constellator at the Bert Hellinger Institute.

She understands the art of deep listening so that can be seen what needs to be seen. Her strength lies in listening without judgment, acknowledging what is and creating a safe space where everyone feels heard: that's the birthplace of movement.