



Insight Journey - the personal journey to your middle.

"The longest journey is the journey inwards. And that's where we find satisfaction and purpose."

At some stage, we reach the point where things on the outside no longer satisfy us, our thoughts no longer let us go, we feel constantly stressed or pushed around by others. What then?

Then it may be a good moment to embark on a journey inward. Yet how do you do that?

Insight is the "somewhat different journey" - perhaps the unconventional one. It's not about your stories or problems, yet about where and how you find your strength and the distance to look at things differently. It's about creating space for yourself so that clarity, success and satisfaction can emerge. We look at what potential is there, what you are already living or what you want to live. We will inevitably encounter the question of meaning and see what is meaningful and purposeful for you.

Your Insight Journey is very individual. Normally this journey takes approx. 8 months. Before is not the same as after. We can assure you that your Joy of life, your energy and your focus will change. Your prerequisite? That you allow yourself to be engaged. True to the motto:

***We can accompany you on your way.
Yet you have to walk it yourself.***

**Simply effective.
Simply powerful.**
We focus on small steps
and effect.

Nature Days

2 x 2 days of personal exchange -
mostly in nature.

Mindfulness impulses

Many impulses for shaping and practising the
path to your middle in everyday life.

Personal travel journal

Define & monitor personal actions & reflection.

1:1 online session with your personal coach

Virtual meeting every 2 weeks for new approaches,
change of perspective, motivation.
Duration approx. 1 ½ h

