



## 3-day Personal Coaching Intensive

This individual coaching intensive offers you a deep-dive into your transformation process. It offers you a break from daily life, as you leave home and work behind and commit to focussing on your personal development for 3 days. The intensive offers you the opportunity to truly stretch the degree to which you can surrender to the journey within. If you think of yourself as an onion consisting of a number of layers, it is needless to say that immersing yourself in your inner exploration and transformation for 3 consecutive days, will take you close(r) to the core.

In a way there is a parallel with the Leadership Journeys. You could reason that this Personal Coaching Intensive is a mini leadership journey, or a maxi one for that sake, for the outcome could easily be equally or even more impactful than a weeklong Leadership Journey, albeit different. The power of the Personal Coaching Intensive lies in the rare opportunity to focus on yourself for an extended period of time in a one-on-one setting. Besides that, the flow and cohesion of the sessions and the magic of the space in between those sessions, set the stage for beautiful things to unfold.

Does this deep-dive appeal to you?

**Schedule an introductory call by contacting Nanke  
at [nanke@thujaleadership.com](mailto:nanke@thujaleadership.com) or +31 647 240 524**

### Practicalities

- The 3-day intensive consists of 7 (coaching) sessions.
- A (coaching) session takes around 2 hours.
- The programme is custom-made for you but has a flow to it. The first day we specify and explore your questions and desires. The second day we deepen the journey and venture out into nature. On the final day we gather the insights and inspiration and focus on the transition back to your daily life.
- You are free to choose how you wish to spend your time in between the sessions. Writing, relaxing or going for a walk in the beautiful area.
- The location for the intensive is in the 'Utrechtse Heuvelrug' area.
- The cost of the 3-day Personal Coaching Intensive is:
  - Private fee 1995 euro excl VAT,
  - Business fee 2995 euro excl VAT
- The fee includes an intake prior to the intensive and a 'reflection & integration' session approximately a month after the intensive.
- The fee excludes overnight accommodation and all meals, except for lunch on the second day.

Ready for a step-change? Or interested to learn more about this 3-day immersion? Contact Nanke, she will gladly tell you more and explore with you what your needs are and what is possible.