ClearWater

Bergplaas Nature Reserve – South Africa

Wilderness Leadership Trail

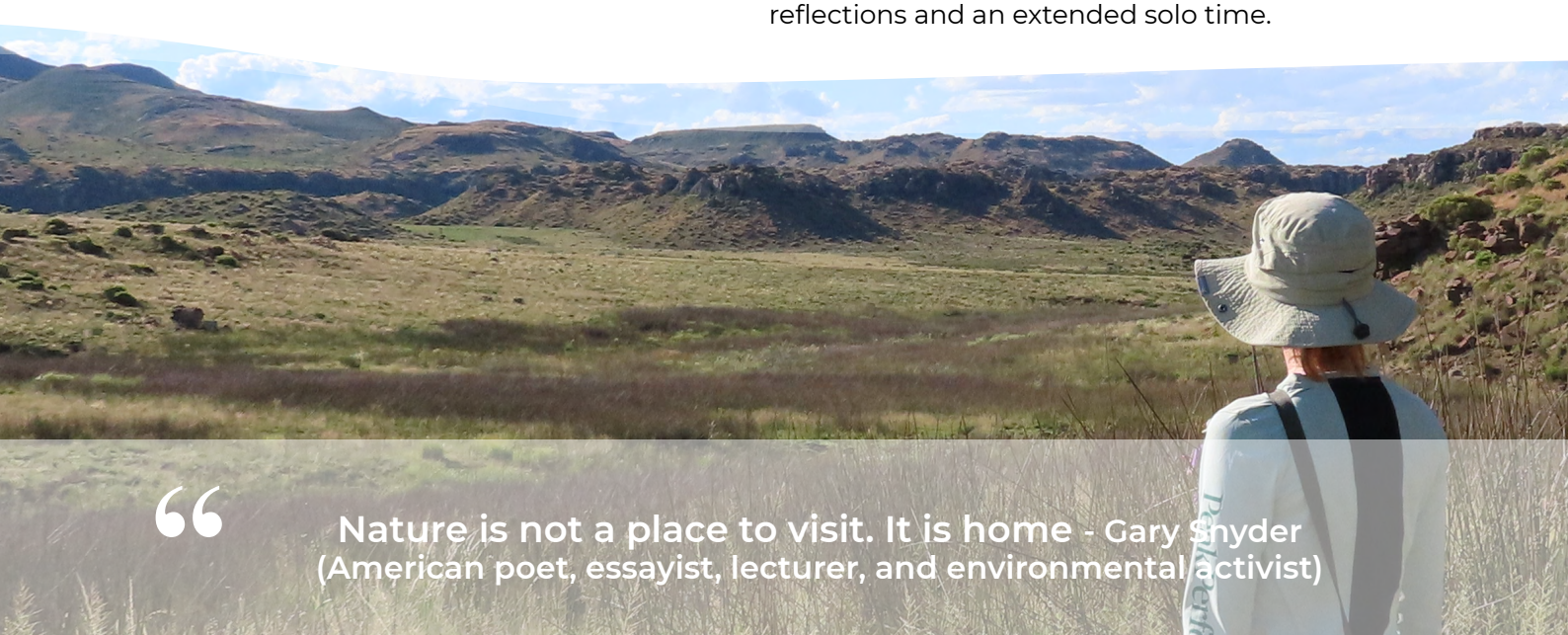
Are you bringing your unique contribution?

We live in a fast-paced world; and we are often busy doing. How often do we give ourselves time to slow down and reflect? What are we doing? How do we really feel, and why? In this program, we take the time to reflect on our life, our personal leadership and our professional development. What do we want to create in our lives? Embarking on this program is a real journey of discovery.

The journey begins with more awareness from the whole of you: your brain, your heart, your gut and your soul. What you receive is expanded self-awareness and choice, clarity and focus in what you want to create, balance between me and we and more connection to nature and our planet.

The 4-month program includes individual and group coaching, with the wilderness trail as the pivotal moment. Transitioning your new insights, awareness and choices moving into your future is unique in this program.

Regenerate in the magnificent pristine nature of Bergplaas for 7 days where through experiencing the interconnectedness of life, we connect to our own nature, our own path. We become aware of what has formed who we are and where we are in life now. Being in nature creates a place of inner peace and silence from which new thoughts emerge. Thoughts that create a new life experience. This program allows for the unfolding of our inner leadership by aligning all aspects of ourselves with what surrounds us, what we are part of. It is a collective (we) and a personal (me) journey, which includes guided walks, silence, group and individual reflections and an extended solo time.



“Nature is not a place to visit. It is home - Gary Snyder
(American poet, essayist, lecturer, and environmental activist)

Transformations

You will:

- Start to lead your life from within and discover what is there to be listened to
- Strengthen your presence and inner balance
- Take your place and stand in your power
- Experience the power of being fully yourself

What you will notice in your life?

- More clarity in your mind and heart and trust to express this
- More freedom in relationships with others
- Less rushed in getting somewhere
- Greater impact from the actions you take
- More ease and flow from rest in your day to day life

And these are just some possibilities.....

For Whom?

We encourage an international and diverse group of leaders – from different backgrounds, professions, organisations or entrepreneurs. People who already and/or are longing to create a positive ripple in the world. People yearning for a deep transformative experience. People who hold a question. People who feel something is missing or feel stuck. People wanting to make a next step in the way they lead and create their life and/or career, to become conscious of the impact they have on their environment (personal, private, professional, planet).



"The magic of this wilderness trail was in its simplicity, stillness, and the beautiful energy of Bergplaas nature. It was a journey that brought profound clarity and life-changing transformation as I experienced a deep connection with the "unplugged version" of myself and essence of life. Thank you, Karin and Welmoed, for holding the space in such light." – Kristin

"The wilderness trail was without doubt, one of the most valuable and deeply personal experiences I have had in my life. I wholeheartedly recommend it to every 'Executive' who longs for profound self-knowledge, personal professiona-lism in leadership from the heart, and an 'authentic existence'. This journey touches, transforms, and creates magic!" - Martin

Embark on a 4-month Journey

Shifts in our lives takes awareness, choice, time, experimentation, and integration.
This format, a combination of individual and group work, will support you in making your transformation in how you want to live your life with special emphasis on the re-integration into your life after the trail

The 4-month journey

Individual Conversation
Exploring intentions

Group Workshop
Stepping in

One month before the trail

Wilderness trail
Experience being in nature

Individual Integration
Transferring out

Individual Coaching
Landing and sensemaking

Group Workshop
Collective integration

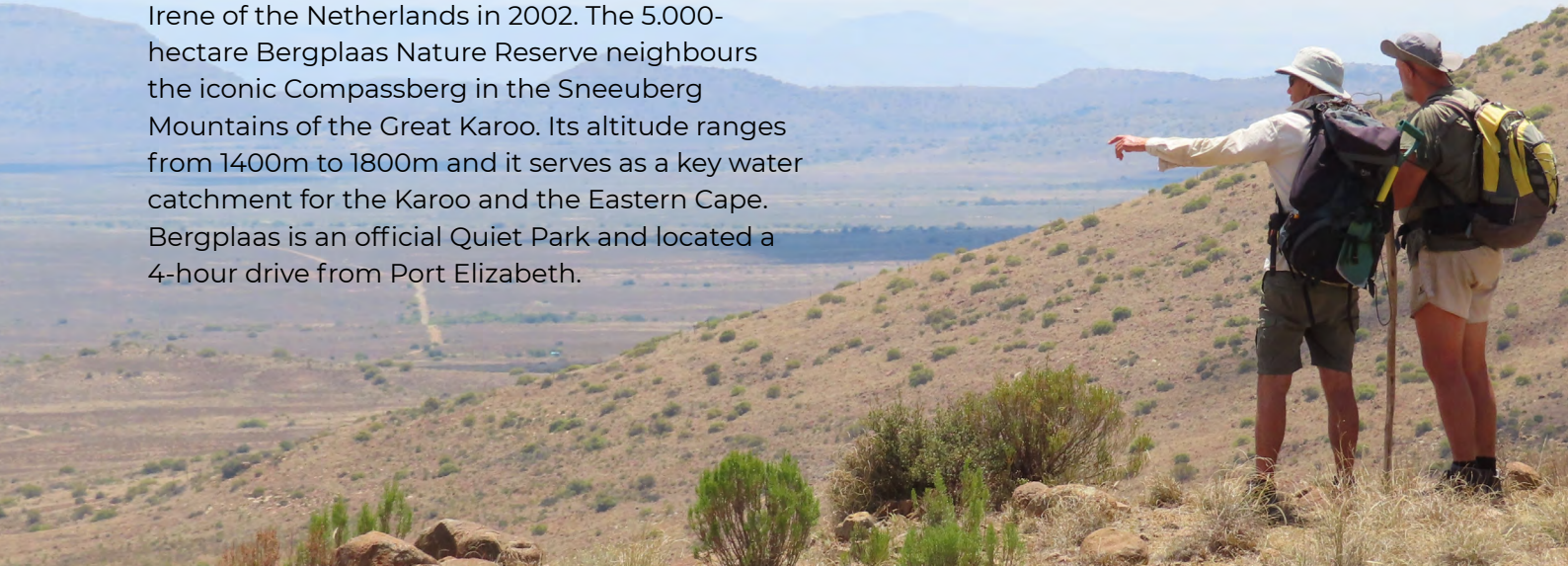
Two months after the trail

Individual work
Bringing nature in all elements of your life

Bergplaas Nature Reserve

The trail will be held at Bergplaas Nature Reserve, South Africa which was established by Princes Irene of the Netherlands in 2002. The 5.000-hectare Bergplaas Nature Reserve neighbours the iconic Compassberg in the Sneeuberg Mountains of the Great Karoo. Its altitude ranges from 1400m to 1800m and it serves as a key water catchment for the Karoo and the Eastern Cape. Bergplaas is an official Quiet Park and located a 4-hour drive from Port Elizabeth.

BERGPLAAS
NATURE RESERVE



> Get lost in nature and you will find yourself....
> - John Muir



About US

We are two experienced professionals driven by a deep-seated desire to contribute to making conscious choices and create the world we want to live in. A world where all living beings can thrive and in harmony with the whole.
We have dedicated our lives to the question; “What is truly possible with this one life?” by exploring how to live life in joy and inspiration and support others on their path to life their highest potential.

We are pioneers in collective consciousness development with a combined experience of over 40 years and a background in the business world with a holistic perspective. We facilitate sustainable transformations for our clients in various forms; for instance, we guide leadership transformation journeys of C-suite teams and their organizations, facilitate wilderness trails in the Netherlands and South Africa, hold collective dialogues and deep inner work retreats, and offer individual coaching. We always create custom programs for individuals and groups.

Practical information

Dates
Find the dates of our upcoming edition(s) on our website..
Dates for Group Workshops and Indivual Coachings will be determined in consultation.

Location
We are staying at the pristine Bergplaas Nature Reserve, established by Princess Irene of the Netherlands in 2002. The first and the last night of our time there we will stay in the comfortable Guest House. The remaining days we will be outdoors and camp out at various beautiful spots in the reserve. Tents will be provided.

Catering
Vegetarian, prepared with love

Group size
Maximum of 8 participants

Language
English and Dutch

Investment (excl. BTW)
Euro 5.555,-. For South Africans, please connect with us for the local price.

Registration
You can register here.

Register form

Facilitated by:



The program will be led by facilitators: Karin Oeseburg and Welmoed Kronemeijer and wilderness guides Ian Read and Matt Zylstra.

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