



Training - Personal Vision Quest 2021



The human being is a quest - it is not a question but a quest. A question is solved intellectually, while a quest is solved existentially. We do not seek answers to certain questions, we seek to elucidate our very being. "

Osho (1931-1990)

This seminar helps you to take a step back, to look at yourself anew, to sort yourself out and to imagine a future that is consistent with who you are.

What deeply guides your life?

Where do you find your inspiration?

What in your daily life makes sense today?

What legacy do you want to leave?

Are you at a moment of passage in life that deserves time and reflection?

It's about giving yourself time to step back and be more aware of who you are, what guides your life and gives you meaning.

Increase the coherence between "who you are" and "what you do professionally" to create desire and performance.

Find your areas of excellence and what you care about to fully commit yourself.

Move towards self-fulfilment to make everyday life lighter and easier, find out how to implement your project.

This quest will help you to "recharge your batteries" and feel more aligned. During the training, we will explore the following 4 areas:

The physical body (the body)

We will adopt a different rhythm than the one we are used to. Shifted, slower, earlier. We will put our body in motion. We will enjoy nature. We will nourish it healthily with care. We will anchor this quest in our 5 senses (hearing, smell, sight, touch, taste) making links between the physical and the mental. We will enjoy the energy of this simple and healthy place. Finally, we will be attentive to the messages that our body sends us. It will be precious and useful. We will do anchoring exercises in the here and now

The mental body (thought)

You will receive reading grids and tools. We will exchange and reflect. In particular, we will draw on the work of Jean Monbourquette, Jung's sense of the individuation process, and Vincent Lenhardt's spinal column of identity. You will identify the different logical levels of your personal vision from the vocation, the work or the trace, the profession, the values to the concrete action plan to implement. Detect the areas of your life to which we attach too much importance or not enough thanks to the Dynamic Spiral. Restore congruence within ourselves and better adapt to our life conditions.

Physical

Mental

Spiritual

Emotional

The spiritual body (the soul)

This is about being in touch with my values, what is important to me, what makes sense, being closer to who I am, to my soul. We will make room for your intuition. We will use more creative techniques such as constellations, waking dreams, intuition cards, games, Marie Lise Labonté's soul families, meditation, ...

The emotional body (heart)

By being closer to yourself, you will be more in tune with what you feel. Develop your relational intelligence, the management of your emotions, identify your blockings in order to overcome them. Create a space where the path of judgement will be suspended and where what I feel will be an added value and not a handicap. Giving oneself the necessary permissions. Rely on others to be stronger alone. Offer support in otherness.



The days are divided into moments of individual reflection, exchanges in sub-groups, theoretical contributions, exercises, games and coaching.

The aim is to bring out concrete answers. How to place your personal vision in a time logic (value your past, anchor yourself in the present and project yourself into the future).

Integrate your personal vision into the concrete world around you (your

family, your professional environment, etc.).

We appeal to your creativity, your intuition, your unconscious. You will be able to step back, enjoy nature while walking, take time for yourself.

The training takes place over 3.5 days in a residential setting that is conducive to healing.

Le champs du Coq in Gèves is an old building that has been completely restored. Situated at the end of a dead-end road, the gîte is a starting point for many walks or horse rides.

This beautiful property in the countryside is also equipped with a swimming pool, sauna and Nordic bath.

A more detailed overview on: www.lechampducoq.be



Place : Le champ du coq (Gesves)

Dates : from 26 October 2021 at 16:30 to 29 October 2021 at 17:00

Price list : 1.600 excl. VAT for the training. 500 extra for full board accommodation.

(note that not all rooms are single)

A deposit of 500 euros is required to validate your registration.

Group size limited to a maximum of 8 participants to facilitate exchanges



If you are self-employed or an PME in the Brussels region, you can benefit from a training aid premium of at least 40% (under certain conditions).

More information on : http://werk-economie-emploi.brussels/fr_FR/prime-formation

Your guides

Isabelle Dubois



I believe deeply in human beings and their virtue.

My own history has taught me that it is "through the crack that the light enters". As a certified coach, certified coach supervisor and teacher, I love to accompany people on their path so that they can get as close as possible to their soul mission when life has taken them away from it.

I rely first of all on solid training, my love of business for over 20 years and a deep personal development work.

Each year, I continue my personal journey through supervision but also through initiatory journeys with masters in the field, thus exploring the various and varied approaches to the quest for meaning.

Accompanying this training has been a precious moment in my agenda for almost 10 years now...

Charles Cartuyvels



Man may have walked on the moon, but he still has to explore the heart of his being. This exploration is done without technology and without artifice, in a form of "inhabited solitude", simplicity and openness, in union with the nature of which we are a part and of which we continue to be a part - even in spite of ourselves.

I have spent most of my professional life in large companies, always with the intention of connecting with the authentic in each of us.

Today, in my coaching practice, I like to walk a mile with others in search of meaning and alignment, reconnecting with simple, age-old gestures and practices that help us to (re)move forward with greater awareness and confidence.

And, like Nelson Mandela, I believe that "until I change myself, I can not change others".