

Authenticity, Passion and Self-Esteem – Intensive development of your personal competences

- Enhance your wellbeing, energy and risk-willingness!
- Gain innovative surplus for work – and for leisure!
- Strengthen your ability for contact, intimacy and boundaries – and gain inner peace!
- Stop your stress mechanisms – Take your power back from whatever that drains you!

This and more is what you can achieve through 5 intensive days immersion into your authenticity, passion, and self-respect. This is an extensive introduction to the field of Gestalt therapy in theory and practice, which will boost your life perspective and revitalize your hidden resources.

Development of your personal resources

Develop the competences that you want or need to strengthen:

Presence	Sharpness	Creativity	Gratification
Intuition	Boundaries	Innovation	Wellbeing
Contact	Confrontation	Curiosity	Enjoyment
Intimacy	Clarity	Exploration	Surplus
Empathy	Vigour	Boldness	Now-ness
Receptivity	Assertiveness	Playfulness	Enthusiasm
Engagement	Decisiveness	Risk-willingness	Serenity

The more you use the full palette of your personality, the more energy and surplus you feel. And furthermore you regain sharper senses, better situational awareness, greater emotional capacity, improved impact, enhanced perspective and a vivid boost of your wellbeing and results.

Our training methods are very intensive and exploratory and consist of thematic teaching, exercises, deepening dialogues, creative challenges, integration of body and mind, use of the beautiful surrounding nature and personal reflection in intimate subgroups. Maximum participants are 8 persons. Responsible teacher/Gestalt therapist is Søren Ewans Porting, who has been working with Gestalt for more than 25 years. He is certified from GIS-International. Anita Strandmark, whom is co-leading the course, is an experienced CHAI-certified body therapist and tantric healer. As we invite participants from the whole Scandinavian region, we do speak English, Swedish and naturally Danish.

Practical information

This seminar is widely addressing adult people with a desire/want/need to explore their own potential regardless of background, education or line of work.

Course dates 2020

APS 21) March 2nd AM – March 6th 1 PM

APS 22) June 29th 10 AM – July 3rd 1 PM

APS 23) October 12th 10 AM – October 16th 1 PM

The seminar fee is DKK 10.750 and includes accommodation but excludes beverages and for organisations VAT is added.

Please call us for further information +45 2060 2300.

