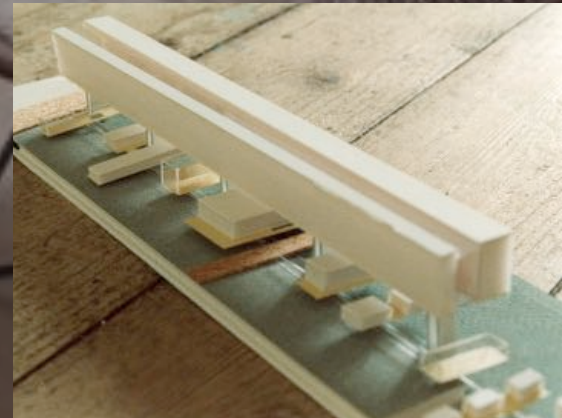


# DINNER

- slow down & take care -

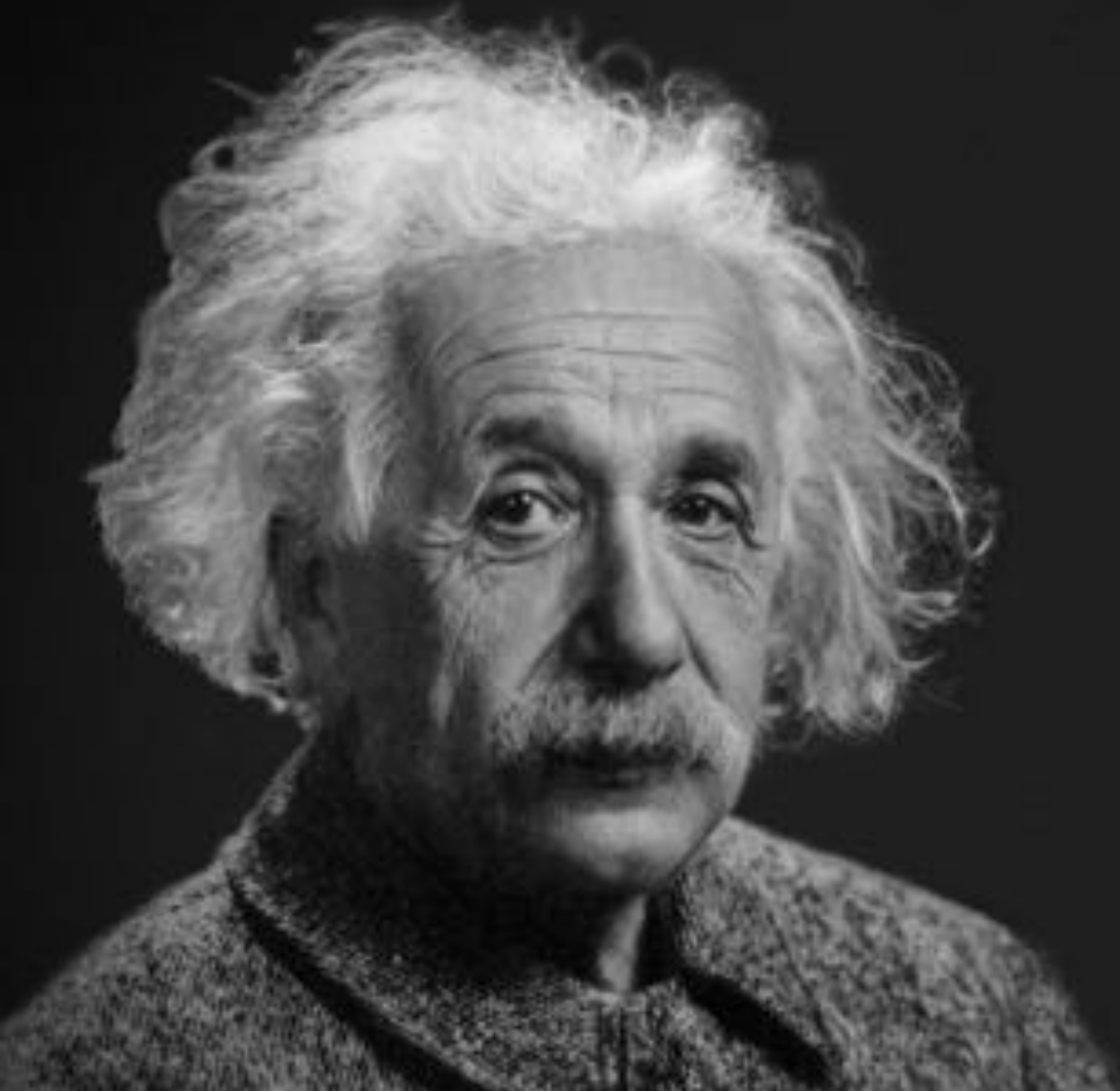


- 'me time' - eat with attention - get at ease -





SELF-LEADERSHIP



*"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift"*

- Albert Einstein

**INTUITIVE MIND, a sacred gift**



FREE-WRITING - initial question



# SELF-LEADERSHIP

5 workshops:

1. Leadership & Core values  
(define your track)
2. Focus & Influence  
(choice and deriving forces)
3. Distinctiveness  
(talents and vulnerabilities)
4. Feelings & Needs  
(understand and support self)
5. Trust & Appreciation  
(self-leadership)



## CONNECTING TO SELF

- expressing - listening - reflecting - sharing - transforming -

An aerial photograph of a beach at dusk or dawn. The ocean waves are visible in the upper right. A large, circular sand pattern, possibly a natural formation or a human-made structure, dominates the center of the image. The sand is dark and textured, with many small, rectangular objects (likely driftwood or shells) scattered across it. The sky is a mix of blue and orange, suggesting the time is either early morning or late evening.

Discuss, in pairs; A helps B by asking:

1. What are your 3 core values?
2. Please explain what they exactly mean to you.
3. To what extend do you honour these values in daily life?
4. How can you improve this?
5. Which consequences will it have when you lent these values a prominent place in your life, this year or until this summer?

(A and B change roles)

**CORE VALUES** - defining your own track





**MAKING ROOM** - clear the way -

An aerial photograph of a vast, undulating landscape of sand dunes. The dunes are covered in fine, concentric ripples that create a textured, circular pattern across the foreground. The colors range from light tan to deep blue, suggesting shadows and perhaps some water or wet sand in the distance. A semi-transparent grey box is overlaid on the upper right portion of the image, containing text.

Attention is at:

1. myself & my task
2. environmental distractions: public, weather, noises
3. how it should be, how it was yesterday
4. winning or losing: "O, now I am gonna ..."
5. the consequences of winning or losing ...
6. wondering: "What am I doing here?", "Why do I ..."

## CIRCLES OF ATTENTION

H. Eberspächer, 1990

(kunst: Jim Denevan)



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