

5 INSPIRATION SESSIONS



**#RECONSIDER
YOURBIAS**

How can you activate
the people in your
organisation to grow
in their relationships
with others, in the
organisation and the
world?

The starting point is
more self-awareness.

Facilitated by
Sonja Wekema &
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SESSION 1. VULNERABILITY, THE BASIS FOR TRUST

The first session is about vulnerability. What is it and how can we use it in the workplace? Nowadays vulnerability is seen as a strong competency and a distinguishing factor for both leaders and employees. In order to understand others, it is important that we first learn to understand ourselves. How is that for you?

SESSION 2. SHOWING UP AS AN ACCOUNTABLE PERSON

In this session we will explore different behavioural polarities. How do you show up? When can you be fully present and when are you fully focused on a task or on your emotions? We will work with the personal accountability model to come to a deeper reflection. Why do you do what you do? It all comes down to a human choice.

SESSION 3. THE POWER OF NEUROSCIENCE

Hormones, neurons, amygdala, prefrontal cortex, etc. Every second of the day, a lot is happening in our brain and in our body. In this session, we focus on our brain. How can insights from neuroscience help us create more self-awareness, so we can make more conscious choices for a balanced and healthy life.



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SESSION 4. SELF-WORTH VS SELF-ESTEEM

In this session, you will experience the power of self-worth in action. When we stop living up to others' people's expectations and get out of the *rat race*, the benefits are immediate. A higher level of self-worth makes us conscious in making the choices and decisions that all people make in life.

SESSION 5. NEW PERSPECTIVES CREATE NEW CHOICES

In the last session, we revisit the previous topics and see how vulnerability, responsibility, neuroscience and self-worth can help you grow as a human being. How can you strengthen your self-awareness in this rapidly changing world? What choices can you make?





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WANT TO KNOW MORE?

Call or mail us for in-company sessions and follow the socials for the dates of the open enrollment.

