

The FUTURE-Contemplation

Are you experienced in personal development?

Are you working as a coach, a mentor, a leader?

Do you take responsibility in your team, role or community?

Are you interested in, (at last) having the time and support to reflect on your own development?

Are you perhaps curious to know more about the FUTURE Contemplation and Core coaching method?

If so, come and join our very experienced FUTURE team from

October 19th 5 p.m. to October 23rd 2 p.m. 2018, close to Vienna/Austria

The contemplation, approved by the ICF as ACSTH (Approved Coaching Specific Training Hours) can be used to apply for or renew individual accreditation (10 Core Competencies hours).

www.FUTURE.at/ic

Join us on  FUTURE Coaching Academy International



Contemplation seminar – a powerful time-out to listen to your wisdom

Our minds are so full of noisy extrinsic knowledge, which is everything we learn, read, talk about, decide upon, think, do. This drowns out the quieter thoughts or messages from our intrinsic knowledge, the wisdom that we have in an intuitive way.

You could say:

Extrinsic knowledge makes us smart while intrinsic knowledge makes us wise.

Extrinsic knowledge forms our rational intelligence whereas intrinsic knowledge is informed by our intuitive intelligence.

Extrinsic knowledge is the primary concern of our schools, universities, the business world even churches while intrinsic knowledge is largely ignored.

Both are needed for a balanced life, to raise children, to lead people, to be a part of an organization, or to step out alone.

Both are needed to make one's life meaningful and successful, to make a contribution to the further development of our world.

Why contemplate?

FUTURE Contemplation Seminars offers an opportunity to balance the rational-analytical, that is so much a part of our world with the intuitive – sensory which is, for once given our attention, given permission to be included in our everyday life.

Contemplation means looking behind the scenes of our lives and bringing what is found there to the fore. This enables a higher, more focused quality of thought and action, in tune with your values and goals.

Contemplation Program

The seminar begins with a - letting go of everyday life phase, relaxing, taking time for yourself.

This is followed by various physical, breathing and creative exercises, along with 'impulse' lectures. Music and walks help to smooth the way. A light vegetarian diet is suggested which promotes one's sensitivity to perception.

A light vegetarian diet is suggested which promotes one's sensitivity to perception.

Contemplation itself is an individual process, an exciting process with many highs, sometimes also lows. It is a process in which the old is re-visited and the new re-energised. This is triggered by questions - which are individually prepared by facilitators/ trainers for each participant. These are at various times contemplated individually, in pairs, in small groups or in the whole seminar group. The answers are often surprising, deeply felt responses, that open new perspectives and broaden horizons.

In the final integration phase, attention is paid to ensuring that these new perspectives are grounded and become a part of our thinking, part of everyday life.

*The FUTURE Contemplation Seminar
offers the space for knowledge
to unfold from within.*

Online follow-up Coaching

A couple of weeks after the seminar you might follow up

- to further explore individual questions,
- to keep alive the positive effects of contemplation for your professional & private life
- and to be supported with the next steps of your development.

You will reach out for one of the contemplation trainers and arrange an online coaching on skype or phone.

Who is the FUTURE Contemplation for?

- For all adults who want to discover their inner wisdom, knowing that, involuntarily, it will be reflected in our outer world.
- For people who feel a responsibility for themselves, for their community, for the world.
- For people who have to make far-reaching decisions in business, in politics etc.
- Last but not least for people who simply want the time and place to reflect more deeply.

What makes this seminar unique?

The FUTURE method, which, for more than 25 years, has provided entertaining, effective and above all useful training.

The method does not convey knowledge in the classical sense, but accompanies people and organizations to where their individual strengths can be realised.

This method enables you to get in touch with your inner wisdom, find clarity and unleash creativity. The individually framed contemplation questions help to access surprising answers that coherent and that bring balance and peace with your past and for your future.

Trainers, dates, seminar location and costs

Further information and details can be found either in the attached brochure or by the following link www.future-contemplation.com

Marisa Jesacher
will happily answer your
questions on
+43/5224/520 76

Or email to:
marisa.jesacher@FUTURE.at

FUTURE-Training Beratung Coaching GmbH
Angerstraße 10 | A-6121 Baumkirchen
+43 (0) 5224/52076 | office@FUTURE.at

www.FUTURE.at