

# Coming Into Your Own

*A development experience for women*

*Werkhoven in The Netherlands (south of Amsterdam) – May 15-18, 2012*



“Now I become myself.  
It has taken time, many years and places.  
I have been dissolved and shaken,  
Worn other people’s faces...”

– May Sarton

“... to set out boldly in our work is to make a pilgrimage of our labors, to understand that the consummation of work lies not only in what we have done, but who we have become while accomplishing the task.”

– David Whyte, *Crossing the Unknown Sea: Work as a Pilgrimage of Identity*

**Coming Into Your Own** is a personal and leadership development programme for women who are interested in engaging in a process of reflection, exploration and regeneration.

*The 3-day face-to-face workshop in a retreat setting is the hub of a 3-month personal leadership journey blending virtual and in person learning.* The programme starts with a one-on-one start-up call and preparatory readings for guided reflection, centers on the 3-day retreat workshop and concludes with post-workshop individualized coaching with a faculty guide that reinforces insights gained, allows you to gauge your progress and helps you consider any further support that you may need to meet your identified goals.

Many women find that in the process of striving to succeed they have developed only part of who they are while leaving vital aspects of themselves behind, or report feeling empty, burned out or invisible despite significant achievements. We have found ways to help you access your reservoir of presence and to bring forward a fuller expression of yourself. We will guide you in the journey towards mastering the relationship between inner dynamics and work/life challenges.

Our approach deliberately works with the whole individual – the physical, intellectual, emotional and spiritual dimensions of each woman – to encourage the introspection that we think is critical for our time. We combine the attention of one-on-one relationship with small group work and the transforming power of the circle.

We focus on each woman’s individual journey, uncovering how she has navigated her life, and what her struggles and successes have been. We will work together to identify current and emerging challenges, and support each woman in her aspirations and development. It is our hope that this work will contribute to addressing the fragmentation in the world, the barrenness in many of our workplaces, and the urge to live in a way that responds to the stresses of this era.

The faculty members have been leading innovative and successful women’s programmes for the past 10 years. Examples of organisations that have sent participants to the CIYO include Hewlett-Packard, BP, the World Bank Group, United Way, Shell, Intel, Boeing, Anglo American, BT and the Metropolitan Police. Many women have also chosen to attend as individuals. With a maximum of 18 participants and 3 faculty, all participants benefit from a good amount of individual attention.

The programme will be held at **Samaya** in The Netherlands. Set in the nature, it is ideal for reflective walks either alone, in pairs or small groups. While close to Amsterdam airport or city (45 min), it provides a tranquil space for more focus on exploration and personal reflection.

## THE INVITATION

In this programme we will focus on your individual journey and help you discover where you are in your life cycle.

Together we will:

- identify women’s life and workplace challenges
- explore ages and stages unique to women’s lives
- understand different archetypal dimensions of your self
- identify and begin to deal with some of the barriers that stop you from being fully yourself
- strengthen your undeveloped capabilities
- use a symbols process to see your current situation from different perspectives and reshape it to release the emerging potential

## THE VALUE

- Experiential work with story, imaginative and kinaesthetic exercises
- A strong four quarter model to access the whole self
- A highly personalized exploration of your own path
- The expertise of our programme leaders, who consciously integrate a range of professional and personal experiences
- Readings and resources that will support you during and after the program

For inquiries, contact:

Isabelle Pujol, [info@pluribus-europe.com](mailto:info@pluribus-europe.com) ; +32 10 45 32 42





## Coming Into Your Own Werkhoven in The Netherlands (south of Amsterdam) - May 15-18, 2012

### **LOGISTICS**

#### **TIME & PLACE**

3pm Tuesday May 15th – 3pm Friday May 18th  
At Samaya – Hollendewagenweg 20, 3985 SG Werkhoven  
The Netherlands (45 min away from Amsterdam)  
Tel. +31 343 55 23 32

[www.samaya.nl](http://www.samaya.nl)

#### **COACHING**

Each participant will receive an enrolment call 4 to 6 weeks prior to the programme as well as be invited to a follow-up 1-hour peer coaching call 4 to 6 weeks after the programme.

#### **TUITION & MATERIALS**

- Corporate: €1,600 / person
- Non profit/Government: € 1,000 / person
- Individual: € 800 / person

There is a maximum of 18 places allocated on a first come, first served basis.

#### **ACCOMMODATION & MEALS**

3 day CIYO special rate:

- single room € 490,-
- shared room € 395,-

The rate includes accommodation, breakfast, meeting rooms, coffee breaks, lunch and dinner

#### **PAYMENT & CANCELLATION POLICY**

- Payment upon registration to officially confirmed participation.
- Due to limited space, no refunds will be made for cancellations for the programme in The Netherlands after March 15th, 2012.

#### **REGISTRATION**

Please fill out the attached registration form and email it to: **Isabelle Pujol**  
**info@pluribus-europe.com**

Wire payment to :

Pluribus Europe  
HSBC CAE NORD

**IBAN:** FR763005600150014982703

**BIC:** CCFRFRPP

Ref.: CIYO 15-18/05/12

#### **Past Participant Quotes**

*“CIYO provides a deep insight into oneself and a powerful aid to address and possibly overcome problems, fears or stress. Once these fears are addressed the world seems a much better place”* **2009 participant**

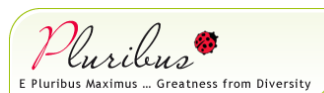
*“Being introduced to a dialogue circle was immensely rewarding.. It offers the opportunity to explore rather than feel it is necessary to have the answers and so allow oneself to think openly, honestly and deeply”*  
**Tania 2009 participant**

*“CIYO came into my life at the perfect time...I finally had the time to sit with my reality, be curious with what was possible and imagine a new future that I had never allowed myself to consider out loud. I left feeling nurtured, befriended and energised”*  
**Valerie 2008 participant**

*“Thanks to the CIYO programme I now have a supportive group of women from different age groups and walks of life that I can always turn to. It feels incredibly reassuring and very powerful to be connected to such amazing wisdom”*  
**Elina 2008 participant**

*“I joined CIYO at a time when I was considering a change of direction in my career. It provided a positive environment for reflection which helped me clarify my objectives and move to a role where I could reconnect with my passion”*  
**Anna-Marie 2006 participant**

*“CIYO is for women who are ready to empower themselves to lead their ideal lives. If you want to have more clarity on your life purpose; how your past can become your strength; how to see what's hidden inside you, this is the right program for you.”*  
**Melek 2011 participant**



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## *Samaya in The Netherlands*

May 15 – 18<sup>th</sup>, 2012

### **Sarah Rozenthuler**



Sarah has worked as a leadership development consultant for over 10 years with clients such as BP, the World Bank and the BBC. She energises individuals, teams and organisations to bring about change by having powerful conversations about what matters most. A Chartered Psychologist, Sarah launched her career working for SHL, the leading global consultant in psychometrics. To broaden her experience, she spent four years earning her living as a street circus performer juggling fire in the fiestas of Spain. Sarah followed this by working for several years as a consultant psychologist in the UK Civil Service, including the Cabinet Office. Sarah has worked with as a Senior Consultant with Dialogos since 2008 and has extensive experience designing and delivering leadership development sessions, coaching business leaders and their teams and facilitating multi-stake holder dialogues. She holds a first class degree in psychology and post-graduate qualifications in occupational psychology and spiritual development and facilitation. Her first book, *Life-Changing Conversations*, will be published by Watkins Publishers in 2012.

### **Nicola Shearer**



Nicola is an Executive Coach and a Facilitator of team meetings and bespoke learning interventions. She worked at BP for 10 years, undertaking a series of executive roles in the UK, Malaysia, HK, China and Taiwan, starting in the commercial world negotiating contracts with Chinese JV partners. Her most recent role was as Global Diversity and Inclusion Manager in which she designed and delivered inclusive leadership interventions and coached over 100 senior global executives in role modeling inclusive behavior. Prior to her corporate work, Nicola worked for an NGO in South Africa. She holds a Masters degree in Engineering from Oxford University and an MBA from Durham University. Nicola is married and currently lives in Sierra Leone where she works across private, charity and government sectors.

### **Isabelle Pujol**



Isabelle is Founder and Director of Pluribus Europe which provides strategic diversity and inclusion consulting and facilitates conversations with leaders to create a truly inclusive performing culture. She works with global organisations like Sodexo, L'Oréal or Cargill. Isabelle has spent 20 years in the private sector and has lived and worked in France, Belgium, UK and Germany and led international projects in various parts of the world. She is passionate about gender communication and is keen to create inclusive dialogues between men and women by understanding and valuing gender cultural differences. Isabelle lives in Belgium and is married to Jean-Marc. They have 2 grown up children, Raphael (24) and Sarah (19).



*The design, experimental and research phases of these programmes were funded by the Fetzer Institute (USA), and the remarkable results in participants' lives have been tracked over many years. The collective practices used to uncover a deeper sense of purpose, and to initiate the next phase of life or work, grow out of dialogic and four quarter frameworks pioneered by Dialogos and The Ashland Institute.*