



# OUTDOOR WORKSHOPS 2024

in the breathtaking nature of the Swiss Alps

**FIND YOUR PURPOSE | STRESS MANAGEMENT & RESILIENCE  
ENERGY MANAGEMENT**



#learning #nature #inspiration #networking #fun



# FIND YOUR PURPOSE WORKSHOP

True engagement by maximizing your potential

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## COURSE DATES – 22./23. June 2024



- **Location:** Meeting Point “Train Station Kandersteg”
- **Day 1:** Start 8.30 a.m.– End 10.00 .p.m. (campfire evening)
- **Day 2:** Start 8.30 a.m. – End 05.30 p.m.



### CONTENT

- (Dis-)engagement of the workforce
- Impact of the Purpose & Ikigai
- Exercises to find the Purpose (Why)
- Formulation of the Purpose statement
- Outlook: Principles & core competences (How)
- Outlook: The products & services (What)
- Integrating core values in daily life
- Motivation factors & full engagement
- Treasure hunt



### FRAME

- **Duration:** 2 days
- **Participants:** 15-24
- **Trainer:** Daniel Hartweg
- **Language:** English
- **Course fees:** 199 CHF
- **Accommodation (incl. breakfast):**
  - **Berghotel Steinbock:** <https://steinbock-gasterntal.ch/>
  - **Berghotel Gasterntal:** <https://berghotel-gasterntal.ch/>
  - Single rooms: from 85CHF
  - Double rooms: from 140 CHF
  - Dormitory: from 49 CHF
- **Additional Cost:** Transportation, food
- **Fitness-Level:** Easy, for everyone



### TAKEAWAYS

- ✓ Understanding the **importance of the Purpose**
- ✓ **Discovering one's own Purpose**
- ✓ **Purpose statement**
- ✓ Outlook on the **talents & guiding principles**
- ✓ Outlook on the **products & services** that reflect the Purpose



### TOPIC

1. How often do we feel that we are **not making a meaningful contribution** and that we are **not fully engaged** at work and in life?
2. How often do we go to work in the morning **without thinking**, “I love my job”?
3. How often are employees’ **talents** and **passions utilised** to ensure they are fully engaged at work?

# FIND YOUR PURPOSE

- Impressions of the stunning landscape -



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# **STRESS MANAGEMENT & RESILIENCE WORKSHOP**

Anxiety relievers to brighten your day

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# COURSE DATES – 24./25. August 2024



- **Location:** “Meeting Point Lauterbrunnen/Stechelberg”
- **Day 1:** Start 8.30 a.m.– End 10.00 p.m.
- **Day 2:** Start 8.30 a.m. – End 5.30 p.m.



## CONTENT

- Stress factors
- Neuroscientific basics of the brain
- Control mechanisms (fight, flight, freeze)
- Thoughts & fusion
- Defusion techniques
- Acceptance techniques
- Resilience
- Mindfulness in everyday life
- Values & goals
- Acting according to values



## FRAME

- **Duration:** 2 days
- **Participants:** 15-24
- **Trainer:** Daniel Hartweg
- **Language:** English
- **Course fees:** 199 CHF
- **Accommodation (incl. breakfast & dinner):**
  - **Berghotel Obersteinberg:**  
<http://www.stechelberg.ch/schlafen-und-essen/berghotel/berghotel-obersteinberg.html>
  - Single rooms: from 107 CHF
  - Double rooms: from 2 x 97 CHF
  - Dormitory: from 75 CHF
- **Additional Cost:** Transportation, food
- **Fitness-Level:** Medium-High, 2 hours of ascent



## TAKEAWAYS

- ✓ Understanding the **neuroscience** behind **negative thoughts**
- ✓ An **approach** to **handle sorrows** and **anxiety**
- ✓ Tools to **connect actions** to **values**
- ✓ **Practices** to integrate **mindfulness** into daily life
- ✓ **A.A.A.A.-Methodology** (Attention, Acceptance, Anchor, Action)

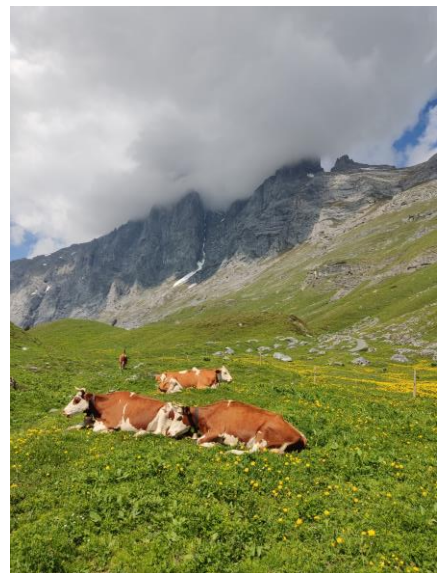
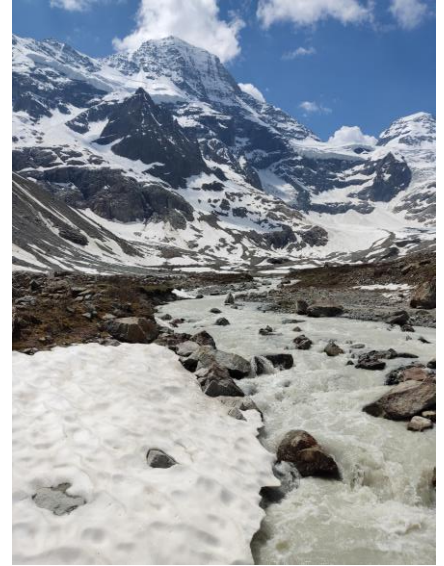


## TOPIC

1. How often does the **mind** tell **negative stories** and leave us **stuck** in them for a while?
2. How often do we experience **fear** and **stress**?
3. How often have we **missed great opportunities** because the mind has **convinced** us that we are **not capable**?

# STRESS MANAGEMENT

- Impressions of the stunning landscape -



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# ENERGY MANAGEMENT WORKSHOP

Full engagement for sustainable performance & health

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# COURSE DATES – 14./15. September 2024



- **Location:** Meeting point “Kiental/Ramslauenen”
- **Day 1:** Start 8.30 a.m.– End 10.00 p.m.
- **Day 2:** Start 8.30 a.m. – End 5.30 p.m.



## CONTENT

- Chronic & short-term stress
- Recovery & renewal
- Openness, change, pulse and routines
- Physical strength
- Emotional strength
- Mental strength
- Existential strength



## FRAME

- **Duration:** 2 days
- **Participants:** 15-24
- **Trainer:** Daniel Hartweg
- **Language:** English
- **Course fees:** 199 CHF
- **Accommodation (incl. breakfast):**
  - **Griesalp Hotels:** <https://www.griesalp-hotels.ch/de>
  - Single rooms: from 140 CHF
  - Double rooms: from 206 HF
  - **Berghotel Golderli:** <http://www.golderli.ch>
  - Dormitory: from 85 CHF (incl. breakfast & dinner)
- **Additional Cost:** Transportation, food
- **Fitness-Level:** Medium, 1 hour of ascent



## TAKEAWAYS

- ✓ Hints on how to boost the **physical, mental, emotional, existential strength**
- ✓ **Principles** to sustain a **healthy oscillation** for all four types of energy
- ✓ **Routines** to keep **energy levels high**
- ✓ **Personal plan** to **maximise energy**

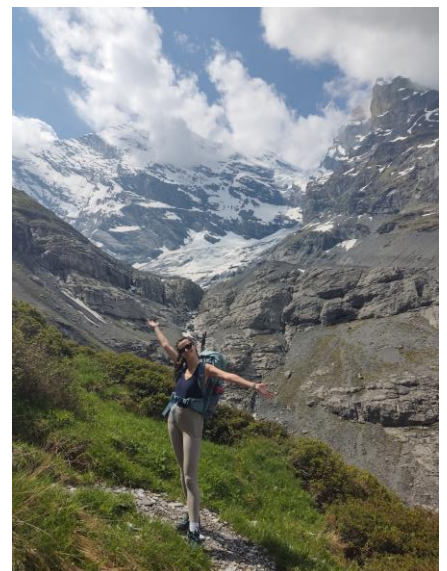
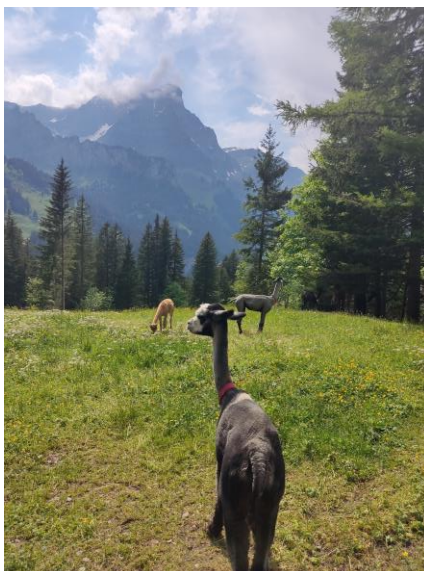
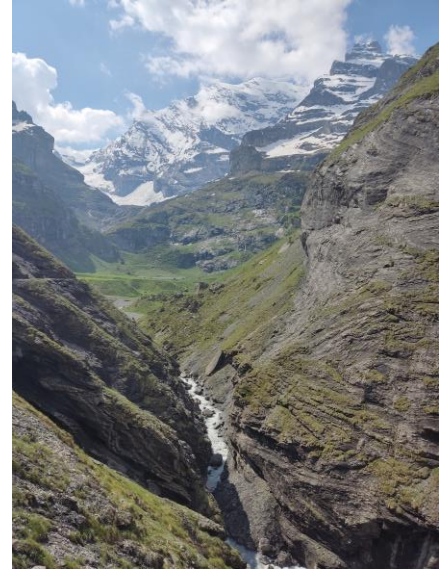


## TOPIC

1. How often do we **neglect** certain **energy dimensions** at the expense of others, so that we **fail** to achieve a **balance** between family, work, health and inner values?
2. How often do we **lack clear principles** to help us make the right decisions in the important areas of life (**physical, emotional, mental, existential**)?
3. How often do we **lack energy** and **feel burnt out** so that we **can't perform** at our best ?

# ENERGY MANAGEMENT

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# ABOUT DANIEL HARTWEG



## PURPOSE



To inspire people unlock their potential, so that they spread engagement, empathy and effectiveness.

## EDUCATION



Diploma degree of Industrial Engineering & Management (Karlsruhe Institute of Technology)

## INDUSTRY

*>20 years of experience & workshops conducted for >2000 employees*



- Head of Operational Excellence & Training (Lonza)
- Site Director (Grünenthal)
- Factory Manager (Coca-Cola)
- Production Manager (Nestlé)
- LEAN Six Sigma Master Black Belt & Market Focused Improvement Pillarleader (Nestlé)
- Industrial Performance Specialist (Nestlé)



# **THE MINDSET CHALLENGER**



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**THE MINDSET CHALLENGER GmbH**

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