

## A different perspective – let's go outside!

Let's leave the coaching or seminar room and go outside! It supports the learning and development process and improves more than just your mood!

### For individuals



Spend half a day or a full day hiking or snowshoeing with your coach, reviewing your situation and reflecting on your leadership style or challenges you are facing.

Parallels in nature and the world around you help you to see the big picture. Appreciating with all your senses develops your resources and helps you to overcome obstacles and gain confidence in your own abilities.

### For teams and organisations

We integrate the concept of activity-based learning into our seminars and workshops. We aim to consolidate content, encourage communication and strengthen a feeling of togetherness, all while having fun, of course! Participants work together on a task, test out solutions, reflect on the development process and facilitate the transfer into daily life.



Would you like to come rowing or join us in cooking, hiking or snowshoeing? Or how about visiting our permanently available outdoor facility in the Emmental valley!

### Outdoor facility in the Emmental valley

One of Europe's largest outdoor training facilities lies nestled in the beautiful countryside of the Emmental valley. The various courses (low-rope and high-rope) can be used and combined depending on your requirements and objectives.

For the participants, it's not all about 'higher, faster, further' but about experiencing it together. These genuine, emotional experiences will highlight strengths and weaknesses in how participants work together and communicate. Reflecting on this later can release mental and emotional blocks, clarify conflicts and activate resources, ensuring the transfer into daily life.



### Contact

Take the first step and give us a call. We look forward to hearing from you!