

CHOICE TRAINING



9th to 13th of December 2015

Olde Vechte Foundation, Ommen, the Netherlands



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ABOUT CHOICE TRAINING

The CHOICE Training is the follow up of the Basic Synergy (Event Wise). While the emphasis in the Basic Training (Event Wise) is on **interpersonal experiences**, CHOICE is all about **self-awareness** and **self-discovery**. It is a place where you will be challenged to explore your limits and expand your comfort zone.

The CHOICE Training is a challenging experience suitable for everyone who desires to **break through** to a new level of **inner harmony** and **fulfillment**. We spend every moment of our lives in a specific mood. This mood shapes the world and the reality we live in. The CHOICE Training gives you an opportunity to **explore beyond** your moods and free yourself from what limits you.

Experiencing a new aspect of your **freedom** and **passion** will empower you to live fully in the present moment. Most participants share the training has brought them feelings of infinite joy and aliveness.

During the five full days of the CHOICE Training you will have time to **redefine your life path**, your unrealized dreams and conceive new ones.

The Head trainer of the training is Juraj Boljat, assisting trainers are Afonso Bertolo and Yassar Markos. The team will be completed with 2-3 team members.

Juraj started his professional work as an outdoor education instructor in 2007. Since then he has been coaching and training people to bring their visions to reality, through methods of non-formal learning. He's one of the founders of Syncro – Synergy Croatia.

Afonso has background in clinical psychology, and before joining Olde Vechte in 2012, he used to deliver trainings for health care workers and peer educators in Guinea-Bissau, Africa. He has a solid experience in working with groups in international contexts in the topic of coaching, communication, personal development and body awareness.

Yassar comes from Palestine and currently lives in Bulgaria, where he now works as a trainer and coach. Concerning his background, he was formed as a medical doctor and is presently doing his masters in psychology. He has been delivering trainings and workshops on different topics (*personal development, coaching, NLP, communication, presentation skills, training for trainers, negotiation, productivity*) in the last 8 years. Yassar started to work with Olde Vechte in 2010 and since then he has been focusing mainly on personal development trainings and coaching.

AFTER THE TRAINING

The results most participants experience are long lasting sense of **freedom** and **self-confidence**, which spread over every area of your life.

The tools and the practices taught in the training can be easily applied in your daily life. By doing so, and in the course of time, you will notice a new quality in your relationships. You will find you can forgive yourself and others more easily; whereas before you might have held on to grief, anger or resentment for long periods. Your authenticity and your personal power will keep on growing, as will your ability to connect with others more deeply, and experience peace within yourself.

Eventually, you will know instinctively how to connect with life, instead of struggling to control it. You will become more open to unexpected chances and opportunities that come your way. You will find that your life gets bigger, both in terms of your own aspirations, the impact you have as a partner and a leader, and your vision of what is possible for the world.

THE BUILT UP OF THE TRAINING

CHOICE training is a **vital and dynamic process of doing**. It is grounded in the principle that your life is your own creation and you have the power to choose how to live. The core theme of all training days is **complete freedom** and **self-expression** meant to give you space to get in contact with your inner power, and express it in every moment.

As the training focuses on the relationship between you and yourself, **you can expect all kinds of outcomes and experiences throughout the training**. Nevertheless, each day has its main theme that is present in all activities. Here we are going to outline the topics of the CHOICE Training day by day.

The first day: For the first day the theme is **choice**. Straight from the beginning, you will get the chance to identify what you want to focus on during the training. Also, during this day, you have the opportunity to experience how you define yourself through your own standards, as well as through the feedback of your environment.

The second day: The second day of the training offers the opportunity to explore and express your **commitment to life**. How can I express my needs and desires to my surroundings and myself? Do I show up the way I want to? How can I release my stress and create energy in any moment?

The third day: The third day is built around the elements of **vitality and inner power**. How can I experience full vitality in any circumstances? How can I get in contact authentically with my already existing inner power?

The fourth day: Joy and self-expression are the themes that arise during the fourth day. How can I experience total joy? How can I create a space for my own self-expression? How can I master my fun and creativity, whenever I want to?

The fifth day: The fifth day is dealing with the values of **authenticity and freedom**. How can I create authentic experiences for my surroundings and me? How can I create a free space for expression for others and myself?

THE METHOD OF THE TRAINING

Structure and Processes

The processes that take place in the CHOICE Training build upon your experiences in the Basic Synergy (Event Wise) training. Therefore, it is a requirement that all applicants have participated in Basic Synergy (Event Wise).

The CHOICE Training has fewer lectures, more individual participation, fewer participants and more direct interaction between the trainer and the participants. The learning method in both trainings is similar, although sometimes the processes in Choice are more intense and may stimulate more emotional responses than those you experienced in the Basic Training.

Ground rules

Ground rules are designed to assist everyone in working cooperatively, within the given context. Before the training starts, you will be asked to agree to the ground rules of the training and sign.

Role-playing

As part of the training, you will participate in a number of different games, both individually and in groups. These processes are designed to allow you to discover and explore new ways of being that are powerful and effective, which you most likely don't use in your daily life.

Sharing

At many points throughout the training, you will be asked to share about yourself and what you are learning with the other participants, as well as to listen about the experiences of others.

Interaction with others

Most of the learning in the CHOICE Training comes as an interpersonal experience, where you actively interact with the other participants. The trainer is present to support you in defining your commitment and give you honest feedback, as to whether or not you are on track with what you want to achieve throughout the process. The interaction with others will allow you to examine your attitudes and behaviors.

Homework and assignments

You will be given homework and assignments to complete outside of the training room. These are designed to assist you to reflect on your experience and bring greater clarity into your learning.

LOGISTICS AND INFORMATION

The CHOICE training will take place from 9th until 13th of December 2015, at the Olde Vechte Foundation in Ommen, the Netherlands. The CHOICE Training consists of 5 full working days. Please note we are on a very tight schedule in the winter, so arrival and departure dates are strictly as announced below.

Arrival day:	8th of December from 20:00
Start of the program:	9th of December at 18:30
End of the program:	13th of December at 21.00
Departure day:	14th of December before 11:00

*If you want to **arrive earlier** or **leave later** and you need accommodation contact us before the training, so that we can help you to find a place to stay.*

ARRIVAL AND DEPARTURE

Please take in account that **arriving later** for this training is not an option, neither is leaving earlier. During the winter Olde Vechte Foundation has a tight schedule with a lot of projects, and in order to make everything happen in time, we kindly ask you to plan your trip according to the official arrival and departure times.

ACCOMMODATION AND VENUE

The training will take place in and around the group accommodation of the Olde Vechte Foundation. In order to keep the participation fee low, we ask the participants to do light household duties. In the house there is a **wireless Internet connection** and a **washing machine** available.

The accommodation is near the town of Ommen and 500 meters away from its shopping Centre. We will send you more information about how to get there and what to bring with you after your application form is approved.

The address of the group accommodation is Zeesserweg 12, 7731 BG, Ommen, The Netherlands.

PARTICIPATION FEE

The participation fee is **€ 320**; **students** and **people without a paid job** get a **25% discount**.

The participation fee for people living in the **Netherlands, Germany, Belgium, Great Britain, Denmark, Sweden, Norway, Iceland, Finland, Luxembourg and France** is **€ 420**. Again **students** and **people without a paid job** get a **25% discount**.

The participation fee needs to be paid either by bank transfer **before** the training starts or in cash at the registration at the Olde Vechte.

The Olde Vechte foundation is co-financing this training by covering the housing expenses. We aim to keep the expenses as low as possible so that everyone can participate. We realize the travel and participation fee can still be a huge investment for many individuals, so we invite you to be creative about it. More specifically, there are all kinds of cheap ways to travel, if you spend some time to look for them or ask someone to support you in it. Besides, asking and sharing about the participation fee is a very effective way of getting support. If you think this training is for you, do not let money be an obstacle to give yourself this experience.

HOW TO APPLY

If you want to apply for the training, you need to be above 18, and to have already participated in an Event Wise or Basic Synergy training. Fill in the application form and send it to the following e-mail address: **info.oldevechte@gmail.com**

If you are selected, you will receive a confirmation letter. Shortly after you will receive a questionnaire, which is there to support your experience in the CHOICE Training. The questionnaire is a very important element of the training, and participation is only possible after its submission.

See you soon!

Marko Vlaming