

Subscription 2020

'Find your inner force; connect through awareness'. This subscription requires effort. It is a commitment to yourself to work on and 'dig into yourself' in order to find your inner force and increase the quality and intensity of your life ! Realize that you have the choice of spending your precious time with the people and activities you enjoy every day you live, capable of wondering and learning or you can repeat the inner critical voice and feel your daily life too much as a struggle losing energy.

This will be the last course I give in the Netherlands, but it will already be in English. After this training, I plan to start my life as working Nomad, giving lectures and trainings and workshops abroad on my way to Barcelona.

To subscribe or ask more information please mail to renevdweerd@limitense.eu our visit our meetup

Free Introduction evening – 21 January 19.30u

Duration : 7 x 2,5h every week on evenings

Dates : Tuesdays 28 January, 4, 11,25 February, 3, 10 &17 March.

Start: 19.30h to 22.15h

Ondernemershuis Rhonedreef 40, 3561VA

Costs : € 303,- to be paid in advance**)

***) participants with minimum income:

payment according to personal possibilities in more terms

Location: Ondernemershuis Rhonedreef 40, Utrecht Overvecht

Together with co-trainer Nana, who is originally from West-Africa, we are happy to support you in obtaining more quality in your daily life.

Co-trainer Nana Yaa Scholten.

Today I live in the nature friendly environment of Deventer. I grew up in Ghana in West Africa where I learned properly to understand the beauty and calmness of nature. I realized that "Everything is beautiful but not everyone sees it." I learnt breath control methods and how to develop and nurture self-esteem. By leaving extensively on these two planets, I became enlightened and gained in depth insights into how to inspire, encourage, uplift, motivate and guide people live their lives to the fullest. In Ghana I studied in various fields of discipline including cosmetology, advanced skin care, human behaviour and counselling. I worked as a counsellor in Ghana for M-Generations and other international organizations. In 2009 I came

to the Netherlands, I work with BMI Consultancy where I gained a wealth of experience into stress, anger, depression and anxiety management, including Dutch habits. I am convinced that each one of us has a potential to change and create things around us to make the world a wonderful place, however too often we get stuck with our negative feelings that suppresses our potential. That's why am anxious to be a trainer & coach. I am a realist, understanding, patient and a good listener. I don't judge people based on their origins because every-body has a unique story which is very valuable. Most of the solution will be discovered by yourself during the sessions.

About the founder, trainer and coach René

I (René) live in the beautiful area near Deventer. In Ondernemershuis Utrecht Overvecht I have my practice for individual counseling, which is also the training location (www.limitense.eu/innerforce.html).

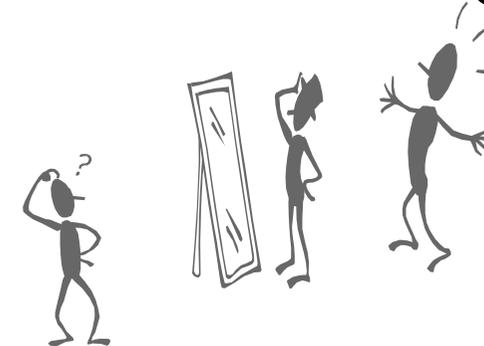
Originally, I graduated from HTS Electro & 8 years I worked enthusiastically in Industrial sales. Gradually I became fascinated by processes involving people in an organization such as (de)motivation, conflict management, stress and frustration, resulting in their mal-functioning: inefficiency, mistakes and absenteeism. This inspired me to look for more depth and reflection in my own existence. In 1995 I started as an entrepreneur, trainer and coach in Enschede. In addition to analytical skills, my high sensitivity (HSP), decisiveness and humor are elements that I insert in the process of consciousness of people.

In my work with people, in groups and individually, I can use my sensitive antennae, strength, inspiration and life experience. After attending various training courses: NLP, bachelors degree Psychosocial Work and a Spiritual Management Training, I quit my job and became self-employed. I give empowerment training (Rock and Water) for children and (young) adults. I coach and work for companies and individuals, stimulating and challenging their confidence and mediate & give in how to obtain a more suitable job. Themes in my work connection, motivation, passion and inspiration, balance between ratio & emotion.

Bank Triodos **IBAN NL52 TRIO 0198445776** Tel. **0626248905**



Find your inner force



Create a real change
in the
quality of your life

Utrecht

Reflecting, practical, concrete &
applicable in your daily life!

February – March 2020 7 x 2,5h

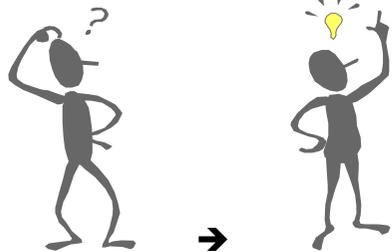
Nana Yaa Scholten
René van der Weerd

For more information or an appointment, just call 0626248905.

Once (strong) feelings such as anger, anxiety or stress seem to take control of you or influence your rational thoughts (grinding), the contact with your self-confidence seems disappeared. This contact is cut off by old survival mechanisms, seemingly leaving you with no options of choices. In 7 training sessions we use your everyday situations to restore contact with your inner self and your emotions, reflecting on limiting assumptions and the reasons behind them. This will be connected with the "knowing" (inner understanding). By doing this the change of perception and experience is starting, followed by automatic different options of behavior and habits towards daily (uncomfortable) situations. Practicing similar situations out of your comfort-zone will enhance the result:

Consciously work on quality of life!

Change starts by daring to reflect yourself.



Who is responsible for your life?

Many people are feeling not in control of their lives and feeling sometimes lost between people/colleagues even friends not knowing why. They feel all kinds of expectations and obligations of the outside world. That is a recipe for losing energy and enthusiasm and decreasing health. The frustration and getting more indifferent gets stronger and the energy and desire to do things (for yourself) decreases. This calls for a change!

More Intensive life possible for everyone!

Development means: losing old rusty habits and assumptions and finding joy and happiness within and with yourself!

Do you recognize any of the following?

- Procrastination behavior
- Feeling lost and lonely & unable to connect
- Stress, pressure or anxiety
- Tension (always alert) and / or not able to enjoy
- 'Take it out' on others
- Uncertainty and/or feelings of being incapable
- Feeling rejected easily
- Avoidance of uncertain situations and risks
- Feeling an outsider or on distance watcher
- Difficulty creating equal emotional contact
- Dominant (bossy) behavior
- Anger or irritation caused by small issues
- Too much or not at all sharing your opinions
- Keeping everyone emotionally on a distance
- Blaming others for your situation

If the answer is 'yes', then it might be time for YOU to investigate these issues and to participate in this 'tough' training. It is a real challenge, because you are making a commitment to yourself. You do not react indifferently, but are willing to look at yourself and examine why you are stuck or suffering or stuck and change it.

"Uncomfortable" emotions

In modern society people struggle with feelings of themselves and others. Individualism, selfishness and the shallowness of those around us can make it difficult to connect and feel accepted. Strong emotions are often perceived as difficult and judged as "unreasonable". Many people often feel lonely and misunderstood and "hope" to get more happiness in life depending on nice experiences. That one job or one person who is saving your life!

Feelings of loneliness (even with a busy social life) that you don't dare to share with others, are becoming more and more a heavy load. Is happiness only depending of the outside world or can you influence it and do something about creating it for yourself? Our answer is YES !

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ZOL-2020-Innerforce-VJ-Utrecht-v22-UK

How?

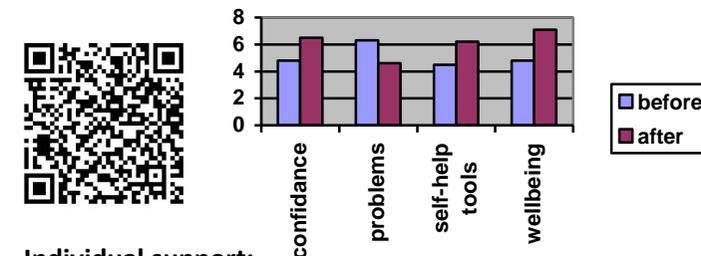
In this course you will be challenged by pointed questions, confronting interventions and exercises giving insights indicating the cause of the problems. You will be shown options to deal with other behavior and choices. Working in a group will give support and understanding. Even when you think: "Groups are not for me"! Could that possibly be a "locked" response pattern or your method of defense and assumptions?! We challenge you to join.

Some reactions after previous training sessions

'the training sessions felt like a hottub'
'I'm much more comfortable with myself now, even in uncomfortable situations '
'I never knew I could feel my grief and still could go home with a feeling of acceptance.'
'Depth, respect and attention'
'It was very confronting yet very valuable for me'
'I now enjoy more and more conscious '
'Since the training I made important steps in my work and relationship'
'nice to share experiences in a group and recognize '
'I experience myself much calmer and richer "

Effect of training

In 2005 a student of Social Psychology at the University v. Amsterdam measured the effect of the training and workshops. Below the results of a number of training groups.



Individual support:

Sometimes there is a need to further develop and deepen certain topics. This might require individual guidance.

Costs: € 85, - / consult in practice

€ 55,- / consult online video chat

<https://www.meetup.com/Find-you-Inner-Force-Helps-U-to-obtain-more-quality-in-life/>