

## Finding Purpose and Mobilizing Potential – A reflective space for professional and personal development

*MY Space is a five-day programme that offers you an opportunity to check in with yourself and provides you with tools and techniques to help you live and work in accordance with your values, your purpose and your intentions in life.*

### **How?**

As in executive coaching you bring your own topics to MY Space. The programme offers you time and space to stay with what feels important. My Space is an intimate learning space for a maximum of six participants.

The philosophy behind MY Space is “Sometimes you have to go slow to go fast”. You are invited to slow down and explore where you are coming from, and where you are right now in your life and work. To take a deep dive into what is most important to you and what matters most in terms of the future.

This five-day explorative journey consists of facilitated exercises, individual work, and coaching in pairs and within the group. Silence will deepen your understanding of what moves you and drives your actions towards more meaning – and how you can make a change! You will leave with greater clarity of your purpose and the first steps you need to take towards living in accordance with it.

### **Why?**

When you become more aware of what drives you, you can act much more effectively and achieve better results in whatever role you hold. Research shows that we are more efficient when we take the time and space to reflect. We are only able to use our full potential, when we bring a strong sense of meaning and direction to what we do.

### **For whom?**

You are rich in experience, and you wish to pause, refuel, and regain focus. The professional role you hold is less important. What matters is that you are looking for ways to tap into your resources and your potential, and that you have the curiosity and courage to explore and align with your passion and purpose.

### **By whom?**

Lotte Svalgaard (PhD, MSc in Business Psychology) and Mette Stuhr (MSc in International Business Administration and Strategic HR). We have worked with senior leaders and executives for decades. We teach, coach, and consult on executive development programmes in leading European business schools, and we both have extensive experience with executive coaching, experiential learning, and organizational consultancy. We are passionate about living our lives fully and with purpose, and we find deep meaning in creating spaces for others to engage with what matters most to them.

### **When and where?**

On [www.my-space.dk](http://www.my-space.dk) you will find details about dates, location and price.