



# OUR PLACE - BUSINESS OVERVIEW



## Our Place BV Time-Out & Connect

Team ontwikkeling  
Team building workshops  
Verbetering van je lichamelijke en  
geestelijke energie



Leen: (+32) 476430080  
Wim: (+32) 475461334



leen@ourplace.be  
wim@ourplace.be



Honoré Aertsstraat 1  
2340 Beerse - België



[www.ourplace.be](http://www.ourplace.be)

BTW: BE 0764.411.468

## Time-Out & Connect

Does your team need a “time-out” to increase the collaboration between its members? Were the years 2020-2021 also difficult for your colleagues because of all the remote working and the difficult circumstances due to the pandemic?

Are your employees optimally connected with themselves, their job, their company?

Well, we offer various courses to help with this! In addition we offer workshops (possibly to be combined with aforementioned courses) in a very affordable and inspiring location in Italy.

Those **courses** and **workshops** have one thing in common: they focus on reconnecting with yourself, your team and company.

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## Courses

We offer 3 training courses. If you want to organize any one of these courses for a team in your company, then they typically take place on site at your companies' premises or on our location in Italy in combination with a teambuilding workshop. (See further)

### ME Connect training

Duration of this course is 2 days. It can be organized in 4 half-day slots or 4 evenings of 3.5 hrs each.

Did you know that the physical, mental and emotional well-being of your employees is key to running a successful business? How do your employees connect with their jobs? Are they fully engaged? Do they have enough passion and drive? Are they focused and targeted? Are they healthy and do they show up on time?

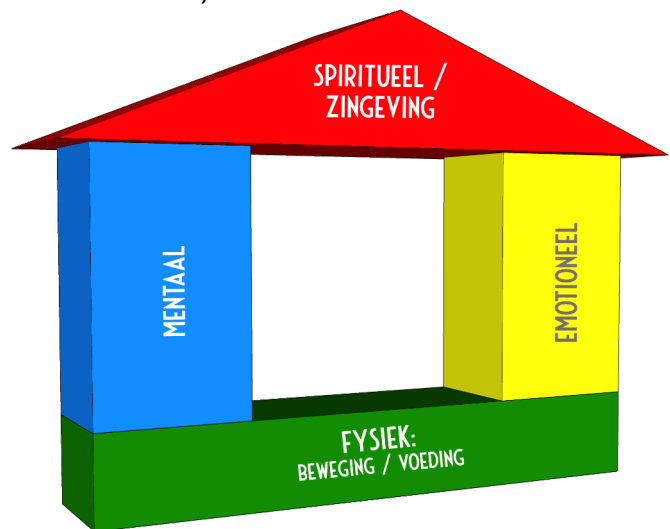
The ME Connect courses focus on the health and well-being of your employees.

◇ **The physical energy** has a direct effect on the "quantity" of our life. Quite literally the length of our lives. So it really becomes a fundamental cornerstone for all the other dimensions. Therefore it is important to understand why and how elements like sleep, movement and sports are so important. We also explain the basic principles of food, without becoming a dietary course. We offer handholds that help obtain more fit and healthy lives while being better rested.

◇ **Our emotional energy** takes care of the quality of our lives and helps us being more involved. Emotional energy takes place "in our belly" and cannot be changed. It is predominantly driven and determined by circumstances. But it is important to obtain insights in order to better cope with setbacks, to understand the importance of self-confidence (or the lack of) and the effectiveness of interpersonal relationships. What are negative and positive feelings?

Various techniques such as how to recover from sudden and intense emotions either at home or at work are being covered.

◇ **Mental energy** gives us focus. It takes place in our head. This part of the training focuses on the biggest barriers to obtain higher mental energy levels, with a lot of attention on "wrong stories" and your inner-voice. It also addresses the impact of multi-tasking and we explore the understanding of the "here and now" and the state of mindfulness. (Deeper state of self-awareness)



◇ **Spiritual energy** has an impact on our passion and drive in our personal and professional lives. It gives a focus and purposes. Where do we want to go with our life, our job? What are my key values? My mission in life? What does it mean for our energy when we want to have a purpose in life with passion?

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## WE Connect training

This course is typically given in a single day (8 hrs) but can be split in 2 half days if not too far apart.



Every person is unique and behaves in a unique manner. Collaboration however is done with other people. To approach others in the right way, you first need to understand more about yourself. Maybe your own view of yourself is different from the view others have about you. In this course we take a deep-dive in your personality profile by making use of the "Personal Color" instrument that makes use of 4 colors that each represent a preferential behavior: red, yellow, green and blue. The profiling is based on Carl Jung's behavioral psychology but makes it more practical and useful in our daily lives.

A few weeks before the actual training, every participant has gathered 360 degree feedback from colleagues, friends and family, as well as self. The collection of information is done on-line on a platform from PersonalColor. The result is a number of reports that will help generate clear insights in your own preferential behavior as well as your team members'.

◇ **ME?** Which color best represents me/my behavior? Am I rather direct and decisive? Or enthusiast and optimistic? Or am I typically steadfast and supporting? Or do I have an eye for details and notice imperfectness immediately? How do I increase my personal effectiveness if I know more about myself?

◇ **The Other?** Everything is a matter of perception and you always connect with other people starting from your own perspective. But equally true: others look at you from their own perspective as well. And every perspective is always "right". So how

do you increase your own interpersonal effectiveness by understanding other people's perspectives and viewpoints?

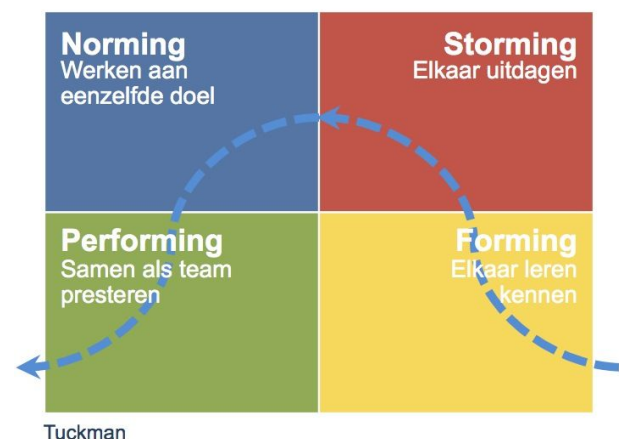
## TEAM Connect training

This course takes 6 hours and is the successor to the WE Connect training. While WE Connect focuses on obtaining insights and understanding each other's preferential behavioral profiles, the TEAM Connect training focus is on "growing together" and "working together", in other words on team effectiveness.

During this session we provide answers to questions like:

- How to increase intra-team collaboration?
- How to give each other effective feedback?
- How to use each team member's maximum potential?
- Concrete actions to increase the overall performance of the team.

We build on the team profile already established by the PersonalColor instrument during the WE Connect training. This time we focus more in depth in the different phases of team development. Furthermore we look at the effects of team frustrations and the risk to become disfunctional.



How can we make communication more effective? How do you make sure everyone

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in a team is being heard? That there is enough room to “think”?

This is an ideal training to be combined with a 3 or 4-day team building workshop in our location in Italy.

## Workshop

It is possible for the team building workshop to contain team building activities only in order to optimally focus on true “Time-out and Connect”. But following combinations are also possible and sometimes to be recommended:

### Workshop Combinations

#### Workshop + yearly (strategy) meeting

It may make sense to combine the team building workshop with a yearly recurring strategy meeting. We make sure the overall program allows for the right balance between your meeting(s) and the team building activities. We assume that you prepare for the meetings yourself and that you lead them. If however you feel that you need additional support and that you are in need of someone to facilitate these sessions: Leen is a seasoned facilitator with lots of experience in running strategy sessions.

#### Workshop + a CONNECT training

Everyone of the ME, WE and TEAM CONNECT courses can be given during a team building workshop. In that case we foresee 1/2 day training sessions and the rest of the time is spent on team building activities. It is worthwhile considering combining a training with a team-building workshop as the combination allows for more bonding with self and the team.

#### Workshop + PARTNER program

It can be an incentive for the team members to bring their partners/spouses along, especially if the workshop takes place over a weekend. While the team can then focus on their yearly meeting(s) or on one of the CONNECT trainings, the partners can

benefit from a specific partner program with a variety of activities that can be selected together on beforehand.

#### Are you a trainer or a consultant?

Also other trainers or consultants are welcome with their teams to use our location and benefit from the team-building workshops! If, as a trainer, you are looking for an authentic and inspiring location for your multi-day training or consultancy sessions: you are more than welcome.

You can totally focus on the training and/or consultancy part of the program while we take care of all other coordination, including organizing some team building activities if desired.

### Where and How?

A team building workshop is a **3 or 4-day workshop** that takes place in the region “Le Marche” (east of Tuscany and Umbria) in Italy in our beautiful place called “**Casa delle Rondini**” (or “House of the Swallows”). It’s an inspiring location in a causy setting in the middle of unspoiled Italian territory. Our authentic “casa” has 5 bedrooms for guests. This means we can accomodate a team of **up to 10 people**, provided that guests are willing to share a room with another person. (2 people per bedroom). It’s a beautiful location for people who value authenticity. In a brand new construction, in the middle of the garden with great scenic views and separated from the old house, we allow for meeting facilities, inclusive of beamer/projection capabilities as well as internet connectivity - also available in all rooms of the house and a big part of the garden.

Our workshop concept is tuned towards teams that struggle with time and/or budget. We want to offer possibilities for a true “Time-Out and Connect” at **affordable prices without too much hassle** at all. That’s why we also offer these workshops **in weekends**, depending somewhat on flight schedules to/from surrounding airports like Ancona, Perugia and Bologna.

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We take care of **all coordination** and guidance on your behalf. Together with you, we select the different team activities as part of the upfront preparation. We coordinate all activities locally: making sure the house and meeting facilities are ready. We take care of all the catering for the duration of the program, we support the team activities or hire professional guides, depending on the program. We provide IT support to connect laptops with beamers and provide for WiFi connectivity in all rooms.

All this is done in a very **affordable** fashion: the cost of 150€/person/day is inclusive of all meals and most team-building activities (except the ones that demand entrance fees or special guidance).

Any transport costs (like flight tickets or rental cars) are also not included.

As mentioned before: the team building workshop can be combined with some of our trainings: those would be billed separately, depending on your choice of training(s).

## Teambuilding activities

The workshop is all about connecting with the team and taking some time off from regular business activities.

We foresee a minimal of about 2 to 3 activities per workshop, somewhat dependent on whether you want to combine the team building workshop with one or more trainings or with your own meetings.

Well before the start of the workshop, we will work together with you on the preparation and the selection of the right activities, depending on personal choices and team interests. Some teams prefer more sports-like or adventurous events while others might make more culinary or cultural choices. That's why we offer a range and varying list of activities.

Take a look online at our website for our current offerings. <https://www.ourplace.be>

◇ **Culinary events:** fine dining in an authentic and local restaurant; preparing some local dishes together; have a pizza workshop with an authentic wood-fired oven; visit a local market and taste some of the region's specialities like the black and white truffles, olive oil, wine and beer degustations etc.

◇ **Sports-like and more adventurous activities:** a vast range of different nature walks - with stunning views of the environment. Abseilen, rock climbing, canyoning (with professional guides). Or in winter months: snow walks or skydiving.

◇ **Cultural events:** visit of historic towns, abbeys, caves, museums. Etc.





## Casa delle Rondini Workshop location

### A carefree stay!

Casa delle Rondini is an authentic Italian “casa” in a borgo in the middle of a region called “Le Marche” - east of Tuscany and Umbria. The right address will be provided on time in case of a stay with us.

This 150 year old house has 5 bedrooms for guests with 13 possible sleeping places. It has 3 bathrooms and 4 toilets. Furthermore there are 2 kitchens: one in the old house and one in the newly constructed country house.

Everything is available to allow for a pleasant stay in every season: swimming pool, umbrella's, lounge chairs, gas-based Weber BBQ, pong pong table, etc. But also a gas-based central heating system in all rooms as well as 2 wood stoves offering a nice atmosphere. There is also an authentic wood-stoked pizza/bread oven, originally used to provide the entire borgo with bread and pizza's!



### How to get there?

The airports of Perugia and Ancona are approx 75 kms away which is about an hour's drive. Only Ryanair has flights to these locations from the Charleroi (Brussels South) airport in Belgium. However it is also possible to fly from Weeze-Düsseldorf in Germany to Ancona. And of course there are more flights (e.g. from Brussels or Eindhoven to Bologna) but that is still about a 2.5 hrs drive away from our casa.

The more convenient flights to Ancona or Perugia do not take place every day of the week and the schedule depends on the season. This has an effect on our workshops:

- From friday till monday (3-days, weekend)
- From monday till friday (4-days, midweek)
- From saturday till tuesday (3-days, weekend)
- From tuesday to saturday (4-days, midweek)

Other days are possible but require flights to Bologna. Flights from Belgium/ Netherlands and Germany to Bologna take place every day from various airports. E.g. Including Zaventem, Eindhoven etc.



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## Pricing Info

### Workshops

A team building workshop always takes place on our location in Italy. Our goal is to offer this at very affordable prices: 150€/person/day: inclusive of all meals and most team-building activities.

We always create a personalized offer that can contain the following elements:

- Cost of stay: 150€/person/day (with a minimum price based on attendance of 6 people)
- Trainings: 1000€ per dag (only if a training is to be foreseen during the workshop on request of the client)
- Teambuilding activities: most are included in the cost of stay, except where additional "external" costs need to be made, depending on the choice of activity: e.g. canyoning, abseilen, fine-dining,...

Transportation costs are not included in any offer because those are booked directly by the customer. Of course we can help you with the process to make it as seamless as possible for you. This can e.g. be done in cooperation with a central person in your company to gather all administrative information (passport/identity card info).

### Training Courses

Either one of the 3 courses we offer (ME Connect, WE Connect or TEAM Connect) is either being organized on premise in your own training or meetings rooms.

Alternatively: the training can be organized together with a workshop in our location in Italy.

Exact training tariffs depend on the amount of hours/days the training takes, as well as the number of participants. As a general guideline: most courses fall in the 1000€/day range.

In case special upfront preparation is needed (e.g. To prepare for facilitation of a strategy meeting on your behalf), a similar 1000€/day price is valid.

- ◇ The maximum amount of participants for a single training in Belgium is **16** people.
- ◇ If the training is organized in Italy, the maximum nr of participants is **10**. (see chapter on our location in Italy)

3 training sessions (of any kind) within 12 months allow for a discount. Please contact us for more details.

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## About Us

Both in our late fifties, we have the benefit of our experience while still being active members of the community. We have different backgrounds but together we raised 5 boys and one girl and we are also enjoying our first grand children in the mean time.

We both have many years of experience in different mgmt positions in a large and global multinational. Furthermore we share the same passion for Italy, already for many years, ultimately resulting in a place of our own in the middle of Italy where we feel at home, because ... Place Matters!

That helped us find a suitable name for our own business called "Our Place BV". It's the result of our experience and personal interests and it allows us to make our place in Italy available for workshops, trainings and team building activities.

## Leen

My experience in leading diverse teams in a variety of different business units (e.g. Accounting, IT, Production, R&D) has given me a particular and nuanced view on individual and team-oriented well-being.

Now I want to share my passion and this knowledge with others, in a way that can be understood by all, with many practical examples.

Furthermore I am also:

- A sports teacher
- Certified in Human Energy management (ME Connect) by the Johnson & Johnson Human Performance Institute in Orlando in USA.
- Accredited PersonalColor trainer (WE en TEAM Connect) by PersonalColor, Woerden in the Netherlands.

## Wim

I'm an IT engineer with lots of expertise in managing small and larger teams in an international context, in a variety of IT areas (infrastructure, networks, call centers, data & analytics,...).

A lot of professional travel and a son in Australia left me with many airmiles but beyond traveling and IT, my passions and interests also include cooking and lately even carpentry.

Now I want to expand on those hobbies and interests and apply some of them during the workshops we offer in our inspiring place in Italy.

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