



What do you need to release to unleash your potential?

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FDL 1: “INCEPTION”⁺

CLARITY – MOTIVATION – SELF-ESTEEM

HERE I AM

- I want to find out which of my potentials are ready to unfold.
- I’m pretty clear on what I want but I’m kind of stuck making things happen.
- I need some time-out to relax and reflect.
- Looking at my life, I sense there is more in it for me.

I WANT TO GET TO

- I know who I am and what I want.
- I can be flexible in my thoughts and my emotions.
- I see solutions and possibilities (not problems and worries).
- I make MY decisions.
- I’m at ease.
- I stay calm and confident even in difficult situations.
- I lead MY life.

These precious gifts are waiting for you. Grab them!

HOW CAN IT BE DONE?

- Setting **direction** through clarity: Which life do I want to live and why?
- Releasing **energy** through motivation and resources: Which potentials do I want to unfold? What do I need to get started?
- Building **strength** through self-confidence: How can I gain confidence? How do I stay spirited in tough times?

WHAT’S IN IT FOR ME?

Are you ready for change? Are you ready for a moment of reflection, an event to kick-off your personal development? A courage booster? Do you want to increase or gain self-

confidence? Find serenity? Discover and unlock your strengths? Prepare for a new relationship? Manifest your lifelong dreams? Manage transformation into a new phase of life? Get rid off unproductive behavior or emotional baggage slowing you down? Make clear decisions, intuitively? Find out and be able to read what impression you make on others? Or maybe do you just want to get to know yourself better? All you have to do is take the first step:

- **Discover** your potential.
- **Feel** what you want.
- **Be** who you are.

WHAT DOES FDL OFFER?

Orientation: During a free consultation (30 mins) you explore your goals and motivation and get to know your coach. After that, you know if FDL is for you.

Preparation: Right after your application you will be sent a starter package with comprehensive information about the coaching program. In the four weeks leading up to the workshop you will receive weekly emails with inspirational tasks. They will help you to clarify your goals, align your attention to what works in your life and inspire first changes. As a result of this preparation you can focus on doing and making sustainable experiences during the workshop.

You may also book personal coaching sessions with your coach at modest additional cost to prepare even deeper.

Live now.



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The biggest adventure in life: you.

Experience: During the three-day workshop an experienced coaching team as well as the other participants will support you on your personal path – a path that is as individual as your fingerprint. Carefully selected and tested methods and activities that are held in a comfortable and encouraging environment create the framework for your journey. This set-up is designed to enable you to discover, to feel and to explore new ways of being. Respect and appreciation for the uniqueness of each participant are the foundation of an environment that encourages your personal development. You will gain access to truths that are yet unknown to you. In fact, the most profound answers lay often buried. Moving insights and moments of crystal clarity underlay your “feeling of inception” and will stay with you for the rest of your life. They will always remind you of what is really important to you. You will experience how much is possible if you are ready and remain flexible. In order to reach this state you will uncover and discard the baggage holding you down such as judgmental and behavioral patterns that prevent you from leading the life which you aspire. The workshop will enable you to voice and implement clear choices on how to lead a self-determined and fulfilling life.

Sustainability: Your personal experience and the workshop materials provide you with the tools to be strong, even in challenging situations many years from now. A practical script, powerful associations, many intense yet playful exercises as well as a photo documentation of YOUR personal journey plus inspiring follow-up tasks will support you on the path you choose. Last but not least, your fellow participants are a powerful source of encouragement and ongoing reflection.

WHEN AND WHERE?

The workshop starts Friday at 10:00am and ends Sunday around 4:00pm. We recommend that you arrive at the location the evening before the first day of the workshop.

Information about the venues and dates for the upcoming workshops can be found on the FDL-website: www.FDL-coaching.de/termine

Website only available in german.



IS THIS FOR ME?

You read the “warning sign” that this workshop may change your life and you are willing to immerse yourself in it? You are not afraid of new insights or innovative methods and ideas? If the answer is yes we are looking forward to your participation. There will be a minimum of 8 and no more than 12 participants.

WHAT IS MY INVESTMENT?

| | |
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| Workshop fee | 1,000 |
| Early bird discount ¹⁾ | -150 |
| Early bird workshop fee | 850 |
| Optional: Lunch for 3 days | 50 |
| Optional: Online-questionnaire Reiss Profile ²⁾ | 100 |
| Optional: Personal coaching (per hour) | 75 |

All prices include 19% VAT

¹⁾ The early bird discount applies if you book the workshop six weeks or longer in advance. Those unable to afford the workshop should please contact us as to find a solution.

²⁾ The 16 basic desires of the Reiss profile are a scientifically developed and approved instrument to discover your personal values and specific sources of motivation.

Some events include a package of room and board.

WHAT DO I GET?

- Free consultation (ca. 30 mins)
- Material for your 4-week-long preparation
- Personalized course material
- 3-day-workshop including drinks and snacks
- Ongoing support

WHO LEADS THE FDL PROGRAM?



- Master’s degree in business administration (Dipl.-Kfm.)
- Several complementary psychological qualifications, e.g. systemic coaching, Reiss Profile, transactional analysis, co-active-coaching
- Based in Cologne/Germany
- Since 1992 trainer for team development and change management
- Since 2003 coach for unleashing potentials focusing on love, freedom and adventure
- Since 2004 facilitating the FDL coaching series as open workshops for self-development

ILJA REP, b. 1968

Coach & Founder of FDL

Supported by co-coaches and assistants

WHAT’S NEXT?

Send us an email or give us a call to discover the possibilities for your life. We look forward to hearing from you.

FÜHR DEIN[®] LEBEN

entdecken. fühlen. sein.

KONTAKT

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