



RENEW JOURNEY

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PROGRAM DETAILS

5 weeks - 5 modules - online session each Friday

Capacity

Limited, max. 6 participants

Application Process

Sign up via [APPLICATION form](#) (each form is manually reviewed and participants notified about their successful enrollment)

Module 1

The Art of Presence

TIMING: 2 hours online

CONTENT: Introduction to Renew, Neuroscience background, new habit building principles, authenticity, self-sabotage & 5Cs, flow

Module 2

Your Inner Judge

TIMING: 2 hours online

CONTENT: Characteristics & transformation of your Inner Judge, the art of Interception, basic NLP techniques

Module 3

Your Unique Essence

TIMING: 1,5 hours online

CONTENT: Reconnect with your inner self, learn how to access Compassion, and define your "I am..." statement

Module 4

Your Inner Compass

TIMING: 1,5 hours online

CONTENT: Clarify what truly matters to you, learn how to navigate through life's challenges through access to your inner compass

Module 5

**Renew - same you,
new life experience.**

TIMING: 1,5 hours online

CONTENT: Apply everything you've learned in practice, learn how to Explore, Innovate & Activate to achieve a sustainable change.

BONUS:

Application Workshop

TIMING: 1,25 hours online

CONTENT: Group coaching format with applied Renew framework in real life examples

OPTIONAL:

**1:1 Individual Dive
in Consulting**

TIMING: 45 minutes online

CONTENT: Individual consulting based on the results of the inner critic modalities self-assessment.

Other

We organize the journey exclusively in small groups to ensure the best experience, safe space, high quality service and continuity of acquired wisdom in real life.

Contact

For any question [mailto: thisisrenew@gmail.com](mailto:thisisrenew@gmail.com)