



COACH + HIKE

Walk + Talk – Walk the Talk



WHAT DO YOU GAIN?

Balance: Experience inner alignment and harmony also with the help of physical exercises in stunning nature – take inner ‘screenshots’ of that state of mind to integrate it into your day-to-day life.

Ease: Dive into trigger and pain points that fuel conflicts and strain relationships, be it in your private or professional life. This helps you understand relationship dynamics and release suppressed tension with all parties involved.

Joy: Feel the deep pleasure of being connected with spectacularly beautiful nature, immerse yourself in your own inner world, perceive gratitude and enjoy life even with its challenges, together with your fellow hikers.

WHAT IS THE PURPOSE OF COACH + HIKE?

For Myself

A personal retreat into my inner world with intense support

- How do I relax my mind and how can I enjoy my emotions?
- What is my personal essence at the core of myself?
- What are my next (baby) steps towards a freer me?

INNER LEADERSHIP BOOST TOWARDS SELF-AWARENESS AND SELF-VALUE

For Me and my Partner

Synchronous support for me and my partner towards a responsible and healthy relationship

- How do emotional patterns show in our relationship?
- What are the values and needs of each individual?
- What is nurturing and what do we want to cultivate?

BOOST FOR EMPATHETIC BEING WITH AND FOR EACH OTHER

For Me and my Team

We uncover our hidden strengths and identify our common purpose.

- What are the values of each team member?
- Which are the needs of each team member?
- How can the team diversity be leveraged for creativity?

BOOST FOR JOYFUL AND EFFECTIVE COLLABORATION

WHERE DOES COACH + HIKE TAKE PLACE?

The location is spectacular at the southern end of the Maremma, Tuscany's large nature reserve. With its amazing panoramas, the place is full of energy and tranquility at the same time.



HOW DOES COACH + HIKE WORK?

For Myself

- You go hiking with Kathrin for 1-3 days.
- Get to know online-meeting prior to departure to clarify coaching focus.
- Follow-up online meeting to safeguard integration of insights in day-to-day life.

*We charge 1.190 Euro per day including preparation and follow-up.**

For Me and my Partner

- You and your partner go hiking with **Kathrin** and **Adrian**. First day separately with one coach each, second day together with both coaches.
- 2 online meetings individually for each partner to understand the big picture
- Follow-up to facilitate insight transfer.

*We charge 2.975 Euros for the overall package with two coaches.**

For Me and my Team

- Your team of 3-6 members will hike with Kathrin for 1 or 2 days.
- Get to know online meeting to clarify focus areas.
- Follow-up online-meeting to safeguard transfer of insights to day-to-day work life.

Depending on team size and duration, we charge 4.760 Euro to 7.140 Euro for the overall package.

** If you have budget constraints, we will strive to find a mutually acceptable solution.*

Please be advised that you are in charge of organizing and covering the cost of your trip, including accommodation.

Next step: contact **Kathrin (Kathrin@joy-academy.eu)** for more details and get closer to your Coach + Hike experience.