



Virtual Thrivability* Program

“

To be yourself
in a world that
is constantly try-
ing to make you
something else
is the greatest
accomplish-
ment”

Ralph Waldo Emerson

* Thrivability = the ability to thrive



Aim of the program



The best version of you

The world needs the best version of you. Especially now, in these turbulent times, you need full brain power, emotional agility, a clear purpose and a lot of energy. Why? To explore new ways, find new answers to complex problems, adapt to new circumstances and to connect deeply with others. That's why we believe it matters greatly to invest in thriving.

Synchronizing routines

Human energy, performance and happiness isn't magic. It's about synchronizing all routines to create a meaningful, focused and energizing life, instead of a draining one.

Shaping your best day

On your best day you feel you have a say in shaping your life and your relationships, you also feel you've made a difference. Not only are you happier, other people are more attracted to you and you just get more done.

The art of transforming life

In this program you learn the art of transforming your life through tiny decisions and actions. To grow further, you learn to leverage the power of decisions. And, by activating new life-giving routines you increase your thriving. You will sharpen your focus, gain energy, and grow daily. It's all about being the best version you can be.

Virtual setup

We're launching this virtual setup because we hear a lot of people struggling with their energy. And, we believe these times make fertile ground to cultivate fresh routines to increase thriving.



Why run this program?

Embracing fresh habits

We're making it easier for your employees to embrace fresh habits, leading to personal growth and happiness. The results for your organization are higher productivity, smooth collaboration and better retention.

Thrive in life!

The program will help your people reflect and act on thriving routines. Because, people who are thriving at work are more creative, productive, engaged and resilient. And they experience aliveness and are healthier as well.

Coping with social distancing

Thriving people incorporate what they feel and sense into their daily routines. In doing so, they are more adaptable, more communicative and have a greater capacity to assess and act upon external challenges.

Outcomes of the program

- More meaning and more self-awareness
- New routines and habits that suit a high performance environment
- Increased energy, productivity and creativity
- Better adaptability
- An open mindset and clear focus
- Reinforced emotional agility
- Using vulnerability as a strength
- Better able to connect with others
- Improvement in sleep, exercise and nutrition
- Deeper sense of purpose and self-conscious behavior



Setup of six 2 h sessions

The program is very practical and efficient. We start with a personal intake, followed by six weekly online sessions of 2 hours each. Through real-life application, it becomes a fresh oasis for everybody attending.





1. Kick off (2h)

- Introduce thriving model and discuss goals based on thriving scan
- learn to change dysfunctional habits
- Introduce daily journal

2. Thriving spirit (2h)

You'll learn:

- your unique core and inner compass
- transitioning towards a meaningful future
- getting from 'I have to' to 'I want to'
- building renewal routines

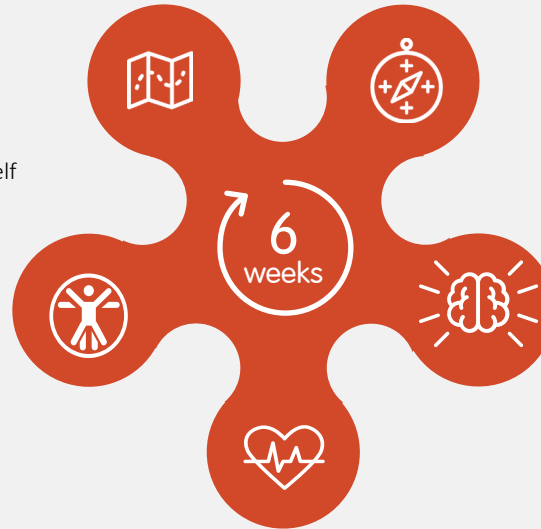
6. Kick out (2h)

- how to sustain new routines
- sharing best practices
- staying in the habits of your future-self

5. Physical renewal (2h)

You'll learn:

- the latest insights in healthy living
- physical vitality: move, eat, sleep
- how to keep healthy working virtually
- building new healthy routines to stay fit



3. Brain power (2h)

You'll learn:

- about the 3 brains and how they work
- how to overcome stress
- how to increase focus, clarity and keep a growth mind
- how to activate fresh brain routines

4. Emotional resilience (2h)

You'll learn:

- how to regulate your emotional reactions
- about the power of empathy
- dealing with conflicts and setting boundaries
- building healthy relational routines

Practical info



Six weeks virtual program

six weekly 2 h sessions

Start data

Friday's 14.00-16.00 h: 10th of September-15th of Oktober (NL)

Friday's 09.30-11.30 h: 12th of November- 17th of December (NL)

Friday's 14.00-16.00 h: 12th of November- 17th of December (ENG)



Investment

€ 1.097,- per participant (VAT excl.)

Maximum 4 participants per organisation per program

Subscribe

Subscription via info@thethrive.com

Intake will be planned

Trainers



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