



# VISION QUEST RETREAT

LEADERS, MANAGERS & DECISION MAKERS

DISCOVER YOUR INNER  
AND OUTER RESOURCES  
DURING A SPECIAL  
29 HOURS JOURNEY



## WHERE & WHEN:

Château de Pourtalès  
F-Strasbourg, Alsace

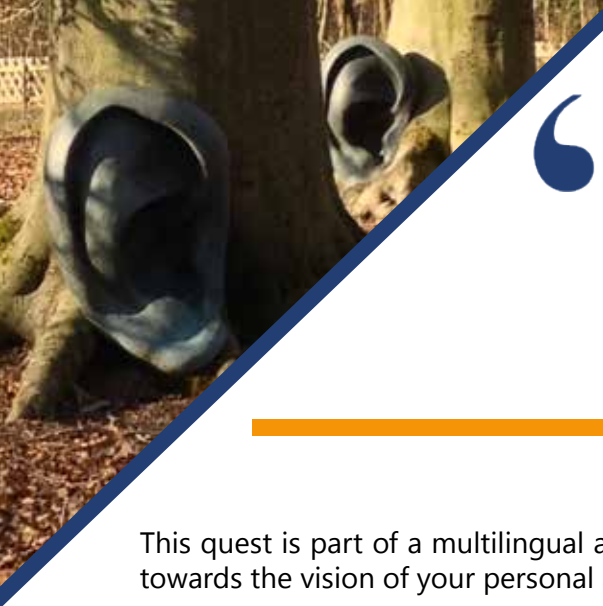
March 2016  
Fri, 18/03 at 10.00 AM  
till Sat, 19/03 at 3.00 PM

September 2016  
Fri, 23/09 at 10.00 AM  
till Sat, 24/09 at 3.00 PM

## DURATION: 29h

**COST: € 950 (no tax)**  
retreat € 650 + € 300  
logistics, food &  
accommodation

**Optional:**  
personal coaching  
& follow-up  
(at distance or interviews)



*Bernd and Pascal create a wonderful atmosphere for their participants to escape the stressful routine of everyday life. You feel superbly accompanied on the profound and yet interesting journey to your inner self and your own visions.*

**Heiko Frankenberg,**  
Lecturer at the University of Osnabrück



This quest is part of a multilingual and intercultural journey towards the vision of your personal and professional life.

It's designed for people wishing to find their hidden potential in order to define and reach their professional and personal life goals.

We offer interactive-based activities that emphasize the importance of connection to yourself, to other people and to your environment.

Our training is offered simultaneously in English, French, and German, which is a unique opportunity for you to gain experience and to use our intercultural support team as a platform for your vision.

Through deep connection, involving body, heart, mind, and spirit we believe true potential can be revealed.

With brand new resources and information coming from within, re-energize yourself and be ready to go forward!

# GOALS

**DEFINE** your own professional and personal vision at any stage of your life.

**CLARIFY** the steps and milestones to develop your potential.

**CONNECT** and gather your inner and outer resources.

**APPROACH** stillness, concentration, confidence and courage to reach your goals.

**ENTER** the „flow state“ at any time and learn to overcome obstacles in your life.

## WORKSHOP SCHEDULE

### DAY 1 (from 10.00AM)

- Morning: INTRODUCTION & GOALS
- Vision, projects and motives
- Lunch
- Afternoon: VISION QUEST
- Compass technology
- A way up to the vision
- Inner vision
- Supports of your vision
- Dinner
- Evening: ENLIGHTEN YOUR VISION

### DAY 2 (till 3.00PM, lunch included)

- Morning: VISION & CLARIFICATION
- Breakfast
- Welcome to the center
- Any obstacles on the way!
- IMPLEMENTATION OF THE PATH TOWARDS THE VISION
- GPS technology
- Steps, milestones and 7W (questions)
- Evaluation of your progress
- Perspectives, conclusions, certification
- Lunch

### COACHES - FACILITATORS

Registration on <http://www.arcevolution.com/retraites.php>

**Bernd UNGER** ([info@unger-training.com](mailto:info@unger-training.com), Phone +49 (0)173 68 59 361)

MBA – Outdoor trainer – coaching for personal and team development – Mediation, Licensed Trainer for PSI 'Personality System Interaction' and TOP 'Training Oriented Personality' Assessment

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Trainer & coach for 25 years, in company, education, sport, social and health fields. Sport & Physical Education Teacher, expert in sophrology and master in NLP. Yoga instructor, bachelor in Yoga, Phd Philosophy of Yoga, in progress