

BALANCE IN YOUR LIFE

WHAT DO WE HAVE TO OFFER?

A good "work and life" balance is healthy and essential. But that's easier said than done.

Only when your life has become unbalanced – you will notice how difficult it is to "get back". But back to where? Balance between what and what? How do you do that - if you don't actually know what to strike a balance between. How do I fix my situation and where do I start?

Websites provide useful building blocks: "work out", "learn how to say no", "take up a hobby" and "eat healthy". But all individual building blocks remain loose, useless building blocks, if you don't have a plan.

Balance" is only a cost item if you don't invest!



This workshop provides a practical framework for "balance". You gain insight into and overview of the four components of your personal life situation. With this you make your own personal "construction plan" and through that you will get a grip on your balance.

WHAT DO YOU GET?

In "Balance in your Life" we identify four important aspects of our lives, we learn to see how they are related, and we get tools to work with them from now on.

What is imbalance and what does it do to us? What are the various roles in our lives? How do we keep a balance between all these roles and how can we explore this further?

After all, balance is a process, it is dynamic, there is no "end station". We learn to get and to keep balance between various aspects of our lives, because our situation keeps changing! We are given practical household tools to investigate how we maintain balance in the longer term, even when we have ended up in a new situation. So, not a one-off solution because balance is dynamic, not static.

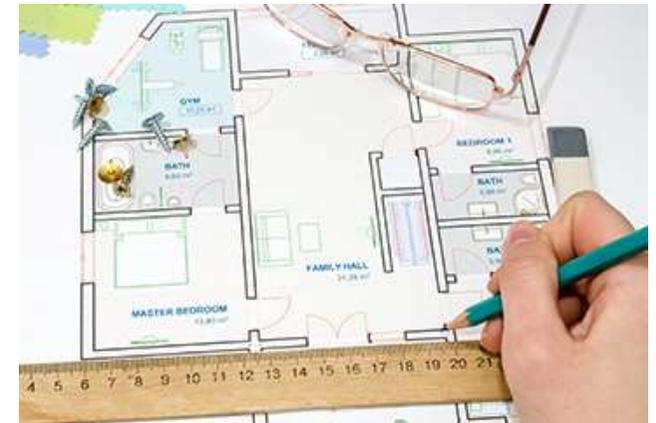


In the workshop we - each for ourselves - look at our own situation. Explanation is in groups – but our journey of discovery is individual.

WHAT WILL YOU TAKE HOME?

You get a grip on "balance in your life" with your own "construction plan". Balance for yourself, therefore for your loved ones, and your employer.

Each participant maps out their personal situation in the first day. What things in your life do you want to tackle for a better balance?



During the second day we make a personal "construction plan", and receive the necessary simple tools to be able to continue independently from now on - for "Balance in your life".



WHERE DOES THIS COME FROM?

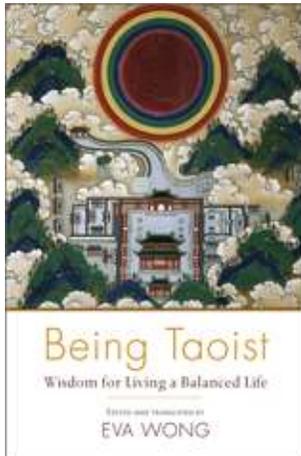
Harmony and balance are essential in Taoism. We all know the dynamic equilibrium between Yin and Yang - but in Taoism balance is also very practically developed.



The workshops are based on the book "**Being Taoist**" by Eva Wong.

A practical translation of this has been made for these workshops.

So, what we do is based on centuries of unbroken tradition, where an understanding of harmony and balance has been carefully researched and developed. We can take advantage of that here and now.



WHO IS THE FACILITATOR?

The workshops are facilitated by Dr. Peter van der Molen.



Peter is an ecologist and works at BIJ12, an executive organization of the Dutch provinces. Before that, he worked at the Rural Development Agency (Ministry of Agriculture, Nature and Food Quality) and various consultancy firms.

As a landscape ecologist, he is also a consultant for nature conservation and restoration.

He has also been actively involved in Tibetan Buddhism since 1980, as a practitioner and in various international roles. Peter has also been active in classical feng shui since 2002 and consults for individuals, meditation centers and small businesses. He also practices qigong and is webmaster of several websites.

In his spare time, he restores antique furniture, was a beekeeper for a long time and is interested in Asian and Persian calligraphy.

FOR COSTS AND INFORMATION

The workshop usually consists of 2 parts: a morning and a day. Minimum number of participants is 8, maximum 20. Below is a price indication.

number	8	12	16	20
DAY 1	€567	€745	€984	€1.229
DAY 2	€1.017	€1.330	€1.749	€2.174
COMBINED	€1.584	€2.075	€2.734	€3.402

The price per participant decreases with increasing group size.

Please contact us for a suitable quote for your workshop.

JUNIPER SERVICES

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