



# Leading by living your full potential

Inner leadership

LEADING  
By Living Your Full Potential

# Leading By Living Your Full Potential



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## Overview

What is it for?

The aim of the training

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Wealth of the body - Health

Wealth of the Mind - Happiness

Wealth of Life - Contentment

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## WHAT IS IT FOR?

Stress reduction is very important in today's business world. We not only help you achieve this, but our aim is to go beyond.

We want to train your awareness and teach you to be proactive in your approach to work and life, so stress can be prevented in the future.



## THE AIM

We want people to be healthy, to be happy and to be content with their lives.

To help them achieve this, we have created our program which focuses on working on the so-called “Three Wealths”.

These are

- “Wealth of the Body”
- “Wealth of the Mind”
- “Wealth of Life”.

Most people are not aware that all three aspects are equally important. They try to live healthily and are mainly content with their lives but nonetheless many people are not really happy. This is because the importance of the mind is often overlooked. For this reason, our program covers all three “Wealths”, with special attention given to the mind and its amazing power.



Introduction

Module Body

Module Mind

Module Life

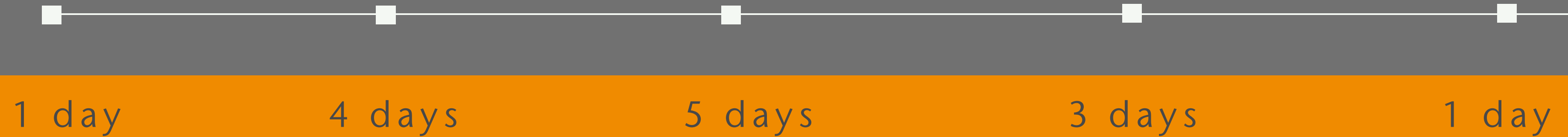
Integration Day

The length of the standard program is 14 days, split up into 5 parts, an introduction day, three modules and an integration day. Between each module there is a break, which enables participants to integrate what was learned into everyday life and to practice. In this way it is then possible to go deeper and deeper with each module and bring about the desired change.

If the standard program is too long for you, we also offer a shortened version which lasts 9 days.

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The process of this inner leadership program



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The process of this inner leadership program

# Wealth of your body Health

In the first part of our program we focus on the Wealth of your Body, in other words on your physical health.

We introduce you to unique body movement techniques that make your body stronger, healthier and more vital.

At the same time these exercises balance your emotions, boost your energy level and reduce the physical symptoms of stress.



# Wealth of your Mind Happiness

In this part, we help you to achieve happiness by working with your mind. You learn to understand the mind, reduce your stress level and deal with your emotions.

We teach you how to train your mind, expand your awareness and thereby start a change inside yourself.

The more you work with your mind, the more it is able to achieve.

This way you can create your own happiness.





# Wealth of Your Life Contentment

This third part teaches you how to achieve deep contentment with your life.

You look into the relationships that you have with yourself and others and learn how to improve them.

We teach you how to train your mind in order to achieve the things that you want in life.

And we help you to develop the qualities that enable you to lead from within.





## What participants say:

"Through this training I discovered how to develop my personal leadership. It inspired me to take action, not only words or thoughts. I use the content of the teachings, the meditation and the exercises in my everyday life. It helps me to heal from my burn-out and hopefully never get into it again."

Kim Corens, Team Manager Colruyt

"This program has given me the confidence to change what no longer works for me. It has taught me that it is a matter of taking small steps every day instead of dreaming big but staying on the same spot. The program was actually a big wake up call for me."

Hilde Cerstelotte, HR Department Head | Colruyt Group

# An overview of our other trainings

- Stress Release Program
  - 6 sessies van 3 uur
  - Doel: balans fysiek, mentaal en emotioneel
- Rust vinden in een hektische wereld
  - 8 sessies van 2 uur
  - Mindfulness programma gefinetuned op de bedrijfswereld
  - Doel: train de flexibiliteit van je geest



# An overview of our other trainings

- Energy
  - Module slaap
  - Module Adem
- Body : gericht op het losmaken van fysieke stress
  - Fit@yourdesk (bedienden)
  - Fit@the\_work\_floor (arbeiders)
  - Get in balance (fysiek en mentale stress)



# An overview of our other trainings

- Mind
  - Get Space in the mind
  - Get in Balance
  - Turn all your good intentions into success
- Life and relationships
  - Stand grounded in your life and work
  - Compass to success
  - Become an effective leader



Contacteer ons voor vragen!

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