

Give Yourself Time

Ivonne Garrido



How does it work?

First you say you are interested in any of the alternatives I have prepared for you. If that is the case, we will organize our first call (using the media that is more convenient for you) in which you can ask me all the questions you want. You can tell me about your particular interests, talk to me about your aspirations and challenges and according to that I tailor the program for you.

You think about it, check on dates and your availability, and then we make a second call to go over the details of the program with focus on the results you are looking for.

Once ready, take the plane and come. I will be waiting for you!

Dates

This programs will be available two times every year starting 2018. From September 15 to November 15 and from March 15 to May 15.

Every program is a total immersion into your work that will have a great impact in your future.

Alternatives

	Days	Coaching, NLP & Games hours	Price (Euros)
Finding Paths	3	15 hours	990 €
Focusing on What is important	4	20 hours	1.380 €
Taking Action	5	25 hours	1.590 €

All the programs include different coaching, NLP (Neuro-linguistic Programing) and games techniques.

How is each program?

Finding Paths – this program is focused on assisting you in your decision making process and/or finding the alternatives that suit the life you have or wish to have. For these we will work on analyzing your decision making process, the emotions behind the alternatives you see, and finding what makes sense with the changes and the expectations you are looking for.

Focusing on What is Important – during our time together we will work examining your emotional, personal, occupational and/or spiritual needs. Your work will take guide from your personal values, which are the values that guide us in decisive times, from the practical and daily chores all the way up to the hard choices. This work will help you see what is important to you, and you will take guide from it for your future projects. Whatever results as redundant and unnecessary you will find a way to make lighter or let go.

Taking Action – this time will be centered on analyzing your future needs considering your history and your present situation. As well as the activities you have with others and for others, and the activities that give you satisfaction and those that take away energy from you. This will be a moment to take the actions that fulfill and drive you and shape them into the impulse that will help you create the future you are looking for.



What activities will you have?

- Transformative walks
- Conversations to discover and explore
- Lego Serious Game
- Mandala of Gratitude
- Two online meetings before your visit
- Four online meetings after your visit
- You will receive a wide range of material before and after your visit: personal notebook, Barcelona city map, and general information according to your personal interests.



What will we do?

- Explore different areas in your life
- You will find what makes you happy
- You will find value in your dreams and expectations
- You will experiment with innovation and creativity
- You will organize your goals
- You will examine what change means for you
- You will find areas in which to focus in ways that make sense to you.
- You will exercise and implement practices that will help you to be connected
- We will do strategic planning

What does the price include?

Private room and bathroom

Access to the entire apartment

Internet connection

Daily breakfast

Train ticket with 10 trips to be used at your discretion

Transfer to and from the airport

Daily coffee at a coffee shop

Private coaching session according to your program

What about additional expenses?

Plane ticket to Barcelona

Tourist visa in case you may need it

Drinks and personal expenses

Transportation not included in the program

Alternative therapies

Additional days not included in the program

Others to be considered

You can stay longer if you want and pay extra for those days.

You can also stay in a different place.

If there is anything in particular you would like to do, I can help you with organizing it.



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