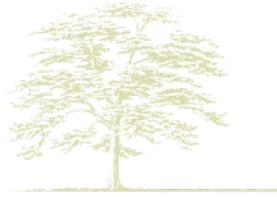
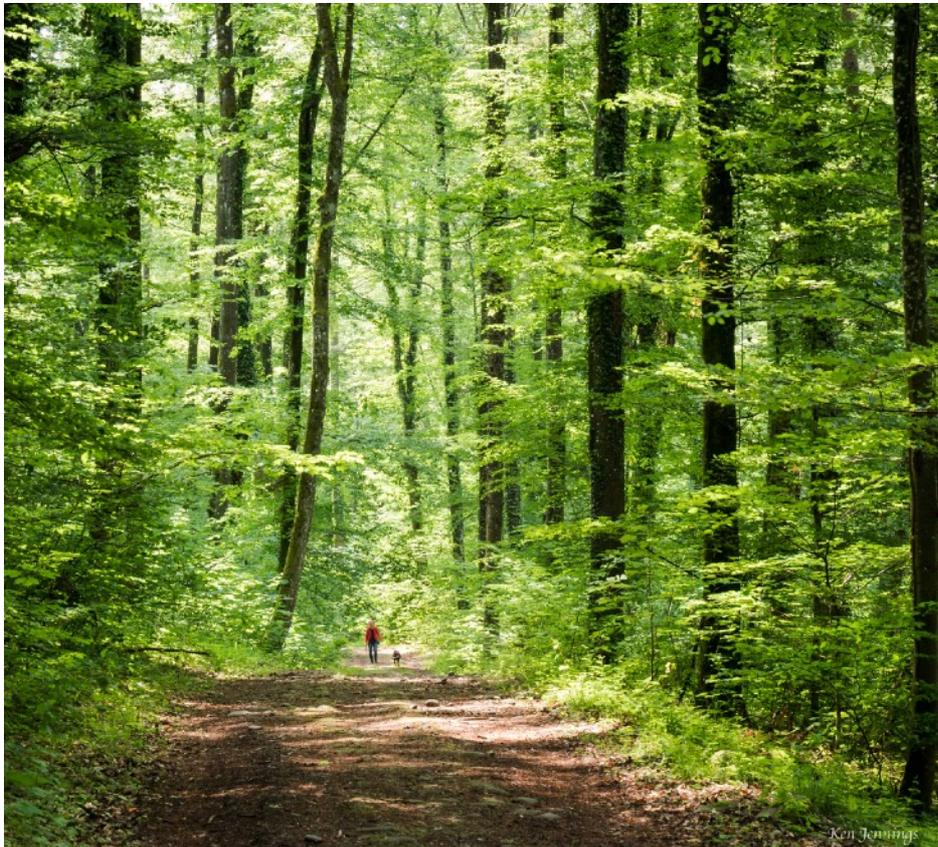




ZANENDABA CONSULTING
Enhancing creative performance



Walk to Freedom



Dr Ken Jennings, a psychologist specialising in performance psychology, and Bernd Bromann, a life coach, are offering a unique 3-day personal development programme exploring the journey that reclaims our personal freedom and enhances our creativity and inner joy

The moment

There comes a point in our lives when we know that things need to change. Feelings of despondency, frustration, anger, sadness, irritability usually indicate that the time has come to embark on a new journey - an inner journey that frees us from the debilitating assumptions and beliefs that we may have of ourselves or of the world around us.



Animals are often imprisoned by fences and walls. Humans are imprisoned by beliefs, prejudices and past traumatic experiences

The journey

This workshop will take place in nature where we will physically embark on a walk to freedom. It will take place on the Green Belt around the village Mödlareuth on the border of Bavaria and Thuringia.

The philosophy of the workshop will be on ecological thinking, embracing diversity and creating new possibilities in the stories that we have of ourselves.

The underlying principles of the workshop will be on self reliance, conscious reflection, observation and gentleness. Given these principles, the idea is to walk lightly and gently on our journey.

Throughout the workshop you will be encouraged to take photographs with your handy of what you see and find meaningful.



Start the process of enquiry, by asking a simple question and then take time to deeply reflect on what follows

The focus

Scientific research has shown that spending time in nature, coupled with an opportunity to reflect and contemplate has significant physical, mental and emotional benefits.

The walk to freedom is a journey. Movement of physical, mental and emotional energy ensures health. The walk at Mödlareuth is a metaphor of the inner journey that we need to embark on, in order to reclaim our mental and emotional freedom.

The main objective of the workshop process will be to look at how and why we create inner obstacles and to find ways to be more free in how we relate to ourselves and others.



Mental and emotional walls are invisible to others; they inhibit and immobilise our creativity and joy causing much inner pain.

Format

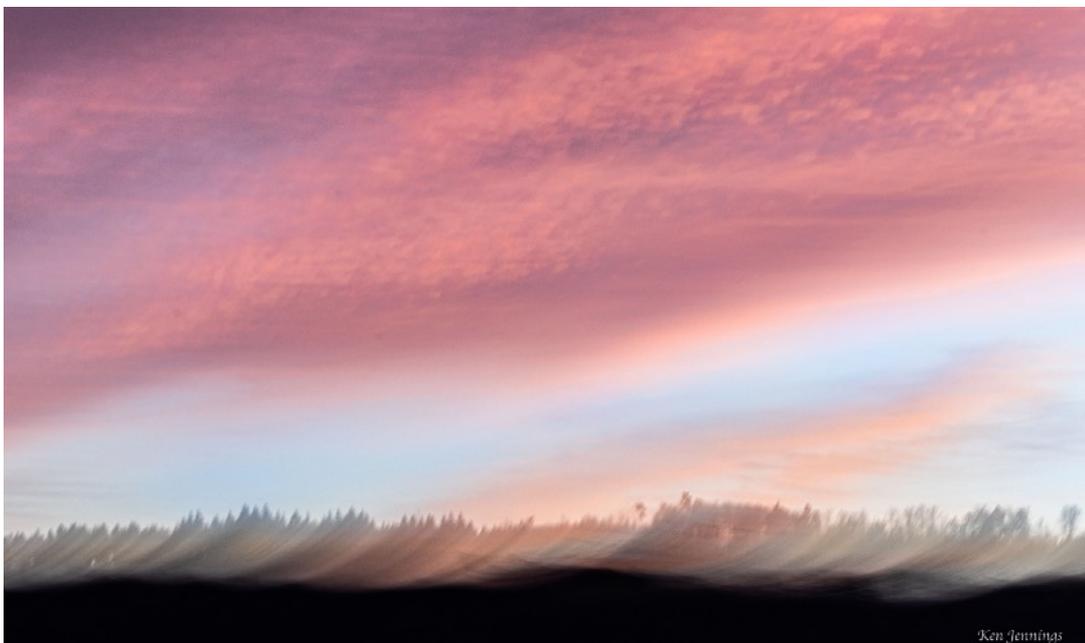
This is a 3-day workshop from Sunday 4pm to Tuesday lunch time. The workshop will have formal group meetings and spontaneous conversations while on the walk and at our place of residence.

The main objective is to allow freedom and flow in our thinking and what we want to focus on in our conversations. Given this, there is no formal agenda, but there will be a skeleton timetable to structure our energy:

Sunday: 16h00 - Arrive
20h00 - Group discussion on creating realities

Monday: Before sunrise - Breakfast and then start the walk to Mödlareuth
09h00 - Visit the museum, lecture, discussion
13h00 - Walk back to residence
17h00 - Sharing stories of our personal obstacles

Tuesday: Before sunrise - Breakfast and walk
10h00 - Reflections and learning



Transformation occurs when experience and theory are integrated in a holistic, meaningful way

Facilitators

Dr Ken Jennings has 35 years of specialised experience in the fields of clinical and performance psychology. He is registered as a psychologist in Ireland, Switzerland and South Africa.

A specialist in performance psychology, Ken has extensive global experience and success in working with executive business teams, elite athletes and international sporting teams. He has worked with the South African Olympic team, and the national cricket and rugby teams. Applying the same principles, Ken has also consulted on a number of award-winning commercials working with children in a playful, creative context

He has presented leadership, mentoring and coaching workshops internationally. His work draws on the philosophy of ecologic, in that ideas and actions are interconnected holistically. He believes that human transformation occurs when the power of energy and the complexity of information integrates in a meaningful, focused way.

He is the author of two books and has written numerous articles on family therapy, systems thinking and performance psychology. He also writes a blog, focusing on topics related to systems thinking.

Through his work, Ken has come to deeply appreciate the psychological and physiological benefits of spending time in nature. He is an avid landscape photographer, and now links and draws parallels with his experience in photography with the inner psychological landscapes that we encounter as we tackle the challenges in our lives. Originally from South Africa, he now lives in southern Germany from where he consults to clients globally.



Bernd Brommann has a lifelong passion for nature. His curiosity for life led him to study biology and finally to coaching. He is interested in how elephants move and what moves people. After studying zoology, he moved into clinical research, where he has been working at executive level for years, working with his teams to scientifically support the development of new medicines, and he knows very well the challenges of this ever faster changing and more digital environment.

Since 2008, he has regularly participated in different coaching trainings (Contextuelles Coaching, Master in Neurolinguistic Programming, Nonviolent Communication). Besides his role as a leader, he accompanies people in personal & professional challenges into action as a personal & business coach, consultant and mentor.

He likes to see himself as a man with great enthusiasm and love for the beautiful nature of Germany and Europe and the wilderness, especially in Southern Africa.

It is his heart's desire to make himself available to people as a coach, advisor and mentor, in order to bring more love into the world, to promote personal development, and through this to bring potential to unfolding by supporting people coming into contact with themselves, nature and other people and (re)discover and use their own resources. He always integrates the beneficial power of nature into his work.

To achieve inner success and peace, connect heart and mind into a meaningful vision

Contact

Walk to freedom will offer you time and space to reflect on your own personal journey. This will be a gentle walk and you will have the freedom to decide on how you wish to participate in the process.

The main intention of the workshop is to share a view of life with you that will assist you to broaden your perspective of any life challenges that you may be encountering, Walking and being in nature will add to the experience.

The cost of the 3-day workshop is €500, which includes accommodation and breakfast.



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