

## **'POST COVID' SESSIONS**

### ***The questions:***

- How can we process the experiences during the Covid-period?
- How can we (re)connect in a hybrid work environment? How can we renew contacts?
- How do we want to shape the future?

### ***The focus:***

- To rejuvenate and re-energize individuals and teams

### ***The process:***

- Through experiential exercises and contemplative practices we help create new levels of energy and vitality