



Leadership Journey

Preliminary Programme

As all preliminary things – this programme, too, will be subject to change. But it might give you some upfront insights on what's expecting you.

A day at The Arc...

... is usually long, exciting, challenging, at times exhausting, then again truly rejuvenating, rewarding and always full of WOW. Each day is completely different.

We do not publish detailed programmes, because with every event we adopt the programme to the needs of the group ON SITE. This may lead to sessions lasting significantly longer, starting earlier or later than initially planned. Let's remind ourselves that we are dealing with emotional edgework here which follows its own time line. We hope you understand.

There are:

- MORNING SESSIONS (usually 10:00-13:00)
- AFTERNOON SESSIONS (usually 15:00-19:00)
- EVENING SESSIONS (after 21:00)

The 3rd day usually starts late with a BRUNCH (after 11:30). However, you will likely be tired. We recommend to not bring any work to the event. If you absolutely must work, please check with one of our on-site facilitators.

What we write about the sessions might not mean much to you or sound abstract for now. Rest assured: Each word has been chosen with great care. But indeed, it's very hard to describe what happens at The Arc.

If you REALLY DO HAVE TO KNOW – we did our best to put it into words below. And if you are fine with a bit of uncertainty and suspense, just come along and go with the flow.

DAY 1: Landing

Welcome, welcome, welcome.

- Landing time. In this session we arrive. And: We will quickly deep dive into why we are truly here and the specific ways in which each of us is constantly recreating the very conditions we are trying to avoid. Yes, it's all about mindset. Let's figure where each of us is hitting the end of the road!
- The day ends with an exciting surprise. To experiment on how easily we can show up authentically, trust ourselves and others.

DAY 2: My Challenges

What's holding me back.

- We start out by truly examining how through the power of our own thinking we are creating a prison for ourselves. We practice authenticity. Honesty. Vulnerability and courage. And we start a break out. This is about deciphering our inner rollercoaster: What strategies are useful to us? Which aren't? What story am I telling about myself and my surroundings that stops me from getting where I want?
- The day ends in an intense night of experiencing the personal power of our minds. Where each of us experiences what it means to stand in our potential and to feel a healed sense of purposeful re-alignment. This night is usually the most highly rated session of The Arc – and the moment that turned the compass needle for many of our Arc fellows.

DAY 3: My Purpose

Who am I really? And what am I here to accomplish?

- The day begins with an authentic and vulnerable share. A freeing and irrevocably moving session on getting in touch with our true inner selves to answer questions like: If everything is stripped away from me, what is my source? What inspires me and who am I choosing to be? What limits are unnecessary and what am I once for all willing to let go?
- Once having reached ground zero, we rest. We enjoy the inner peace, the momentum of silence. And then we flyyyyyy. We fly up high to imagine and day-dream like we never did it before. We altogether enter into a colourful process of envisioning. And we design-think a life that is shifted just as much for you that it is inspiring, fulfilling and just so ALIVE! A life that comes from your deepest core. A sparkling confetti bomb.

DAY 4: My Next Level

What is next?

- Let's don't remain in the state of a wantrapreneur. But make things concrete. Practical. Applicable. On our last day we recap and we define concretely the shifts we are ready to make. Those that feel easy. Because they reflect change that already happened. We commit. We stand and breathe still. We focus and crush it one more time.
- We end our adventure with a surprise. The rosiest, fluffiest of all! To indulge in a soft cloud of encouragement. And then we depart. As the same person. But different.

Was this preliminary programme flow concrete enough? We hope it gave you a general idea. In case you are wildly triggered now and somewhat annoyed at us for leaving you in the abstract dark here – let's take a deep breath. The Arc is difficult to put into words. But you have nothing to fear. If you like: Accept our invitation. And join us for the ride of a lifetime!