



# Kick Start Your Future

Stylenap presents a workshop empowering you to

## Achieve Your Goals

At Bora HotSpa Resort on Lake Constance  
October 7<sup>th</sup> - 9<sup>th</sup> 2016

## Ready for your next adventure?

### Discover What You Really Want

What do you really want and do you truly understand why you want it? What's your purpose in life? What's the one goal which, when achieved, will change your life? Disconnect from your daily routine and explore your energy potential. Allow yourself space to answer these questions. Gain clarity and create a clear vision to guide you there.

### Gain Clarity on How to Achieve It

What keeps you from achieving your goals and pursuing your dreams? Learn the secrets to overcome the obstacles that keep you from achieving these goals. Get energized to explore and create your personal roadmap to a fulfilling life. Stylenap's Personal Energy Management Model (\*PEMM\*) will facilitate the process and give you structured guidance for your next steps.

### Key Take Aways

- Gain more confidence
- Reach your goals
- Discover your unique potential
- Utilize Energy Management tools and techniques to keep you on track
- Discover your inner motivation
- Join a community of like-minded people
- Receive your Personal Energy Compass Assessment from your free Discovery Session
- Have fun while making it happen

### Testimonials of \*PEMM\*

"\*PEMM\* helped me to know my skills and strengths better. Looking at and discovering my "self", empowers me to accelerate and to realize my desired goals and dreams.

*Sebastian P.*



# Workshop and Beyond

## Discovery Session

Book your free, 30-minute phone or Skype Discovery Session. You will receive your own \*PEMM\* Compass, showing where you are now and defining your desired goal.

More details at [www.bit.ly/DiscoverySession2016](http://www.bit.ly/DiscoverySession2016)

## Workshop – What to Expect

In the \*PEMM\* Workshop you will discover your personal values, identify self-defeating influences, and define your vision of a compelling future. Find out what makes you truly come alive.

This workshop will provide vital tools to enhance your life and work experience – and the results to show it.

We create small peer teams to deepen the learning and to practice habits vital to progress towards your goal. Bring a friend, a partner or even a team along to the workshop.

## Follow-up Coaching Session

We are passionate about seeing our clients succeed. To further empower you in reaching your goal, we provide a follow-up coaching session after you've returned to your daily routine.



### Testimonials of \*PEMM\*

\*PEMM\* is refreshing, new, a challenge, fun and motivating. It helps me to set ambitious goals and reach them.

*Martin S. - Automotive*

# Questions and Details

## Price Includes:

- Free Discovery Session including your \*PEMM\* Compass – even before you sign up for the workshop
- An extensive interactive workshop with 3 experienced, energetic facilitators
- Welcome dinner on Friday
- Refreshments, snacks and lunch during the workshop
- Exclusive \*PEMM\* Goal Guide to support you during and after the workshop and to guide you in reaching your goal
- Closed Facebook Group to deepen the learning and exchange insights among participants
- An individual Coaching Session, per Skype or phone, after the workshop to support you in reaching your goals

## Questions & Scheduling

Contact Stylenap through our website or by email at [office@stylenap.com](mailto:office@stylenap.com). Feel free to talk with one of the facilitators by phone or send us a text:

Munich: Melanie von Wangenheim +49 (0)177 43 789 00

Stuttgart: Tanja Jaus +49 (0)151 4653 6600

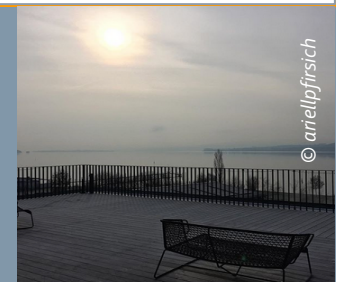
Prague: Jana Hanychova +42 (0)602 48 20 78

style**nap**

\*PERSONAL ENERGY MANAGEMENT \*

This workshop is for people who

- Want to reach their goals
- Need clarity on their direction
- Want to overcome obstacles
- Are ready to manage their energies
- Want to have fun while exploring deep



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# Registration

online at [www.bit.ly/RegistrationWS2016](http://www.bit.ly/RegistrationWS2016)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel/ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

2 Person: \_\_\_\_\_

## Date:

October 7<sup>th</sup> – 9<sup>th</sup> 2016, at Bora HotSpa Resort

Travel, accommodation, dinner and spa are not included in the price, and need to be arranged separately. Limited allotment available – see details on our website.

## Investment

Please check accordingly:

incl. VAT

- Early Bird Special for 2 people PP (until August 8th) 1,230 EUR
- Early Bird (until August 25th) 1,560 EUR
- 2 people Special PP 1,920 EUR
- Regular Price: 2,280 EUR
  
- Interested in Coaching (Contact me)

## Terms:

Registration is completed upon signing below and also the attached Terms and Conditions.

\_\_\_\_\_  
Place/ Date/ Signature

## The 3 Facilitators Powering \*PEMM\*

Jana, Tanja and Melanie all agree, "Vacations are about external sightseeing, but a \*Personal Energy Management Model \* Workshop is about internal sightseeing and connecting to one's core self to find the true answers and wisdom within."



## \*Personal Energy Management Model\*

The day is packed with ever-increasing information and change, time is speeding up and our busy lives and careers leave us exhausted. Does this sound familiar? Looking to create a life and career that leads to inner fulfillment? Need individualized guidance on how to recognize what you really want and how to get it?

The \*PEMM\* uncovers all the secrets and offers the tools to support you on your journey. \*PEMM\* is for people who are looking to kick start their lives and careers while consciously shaping their own future.

## Schedule

Friday 16:00 – 18:00

Saturday 9:30 – 17:30

Sunday: 9:00 – 16:00

## Venue:

Bora HotSpa Resort -

[bora-hotsparesort.de](http://bora-hotsparesort.de)

Karl-Wolf-Str. 35 D 78315 Radolfzell –

Phone: +49-7732-950 400

## Organizer:

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