

THE RESET HOUSE
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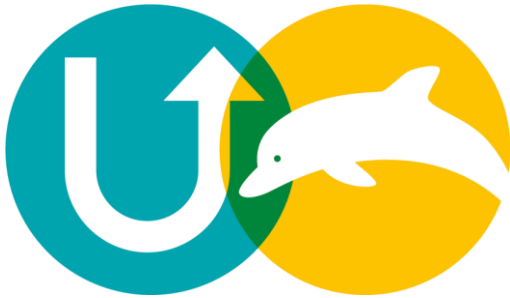


Reset – Egypt
Flyer
November 18 -25, 2023





The Reset in Egypt, a unique experience



Overview

- The Reset, at one of the most beautiful places in the world, fully organized
- It starts with your intake where you express your wishes
- We'll meet at the airport and your adventure begins
- In Egypt, the transfer bus to the ship awaits you
- Then we sail to the reef, and you'll have 6 days on your own, along with a maximum of 12 fellow travelers, trainers, and the ship's crew
- After 6 days/nights, we sail back to the mainland and spend another afternoon at a turtle beach

Natural Setting & Reflection: Swimming with Dolphins

"Swimming in a natural environment"

- A place full of energy to connect with yourself
- Dolphins are magical mirrors for us
- Personal insights effortlessly emerge
- Old patterns dissolve like snow in the sun
- A dive into and encounter with your true nature
- Swimming in a sea of possibilities

Quotes

'I never thought it would be such a wondrous journey within myself'

'As soon as the first dolphins come into view, it feels like coming home to yourself'

'What abundance in all aspects, the boat, the surroundings, the lessons, the food, beautiful people'

'I'm going home as a happy person and know what is healthy for me'



"The depth of the Reset training in Egypt"

"Depth of the Reset"

- An environment and place where our mind, heart, and will can be heard
- The Reset is amplified, deepened, and anchored by the mirror of the dolphins
- Dolphins awaken an ancient wisdom within us
- The underwater world and the elements of nature contribute to inner peace
- Thought patterns fade into the background
- Humor and openness provide extra space for concrete integration.

Quotes

'To disconnect from the daily rat race goes smoothly'

'The dolphins facilitate a profound transformation'

'Extraordinary and enriching conversations with beautiful people'

'I feel empowered and grounded to translate my insights into action and take steps forward'



About the Reset - What and How

Wat

A Reset

- Provides fundamental insights into behavior, emotions, and patterns
- Identifies and addresses personal dynamics
- Crystalizes the personal plan for the present and the future

Impact through practical exercises:

- Provides new perspectives
- Increases awareness of questioning and direction
- Recognizes developmental areas after each exercise
- You create a plan for the future

Hoe

Reset *

- Training through knowledge sharing, practice, and relaxation
- Complex change literature has been converted into clear content and instructions. Narrative coaching *

Narrative coaching *

- Dialogue in the form of empathy with countertransference

The unique setting of the location provides tranquility and focus to materialize insights concretely. The venue offers and meets high standards of comfort and hygiene.

Sources

- Theory U (Scharmer)
- Value-Driven Organizations (Barrett)
- Spiral Dynamics (Beck & Cowen)
- AQAL (Ken Wilber)
- 7 layers model (Bateson)
- Core Quadrant (Ofman)
- 7 Habits of Highly Effective People (Covey)
- The 8th Habit (Covey)
- MBSR (Mindfulness-Based Stress Reduction) (Kabat-Zinn)
- 6 layers of personal leadership (Brouwer/Gelder)
- The CEO Whisperer (Manfred Kets de Vries)



About the Reset - Unique approach

Sum of parts

- The Reset approach is characterized by a no-nonsense attitude, where the human element is recognized and prioritized. We combine practicality and empathy to ensure an efficient and effective approach to our work.
- Experienced trainers with business expertise provide a high-quality training experience that meets the highest standards.
- Reset Egypt takes place in one of the most beautiful locations in the world, with all comforts provided, creating a positive and relaxed learning atmosphere.
- Specializing in translating complex change management concepts into understandable exercises with surprising results.
- The approach focuses on enabling deep relaxation, allowing insights into behavioral change to become anchored.
- We prioritize socially innovative methods that deliver noticeable and tangible results within a short timeframe, allowing participants to experience the immediate impact of their efforts

Quotes

- "The Reset program is truly exceptional due to the remarkable combination of content, high quality, and inviting environment. It stands out as a phenomenal program that provides participants with a unique and impactful learning experience."
- "The empathetic approach and logical methods used in this program create a remarkable experience that I have never encountered before. It truly is a unique and effective way to bring all the pieces of the puzzle together, resulting in a comprehensive and transformative learning journey."
- "You are seen and heard, with a strong emphasis on creating an inclusive and supportive learning environment."
- "The experience that this program offers is truly transformative and surpasses everything I have encountered before. It provides a unique and profound opportunity for personal growth and development, leaving a lasting impact."
- "As someone who was skeptical about 'soft' programs, I can say that this program exceeds all expectations. In my 25 years of experience, this is the best and most impactful program I have come across."



The Reset method - Inspiration and source

Scharmer

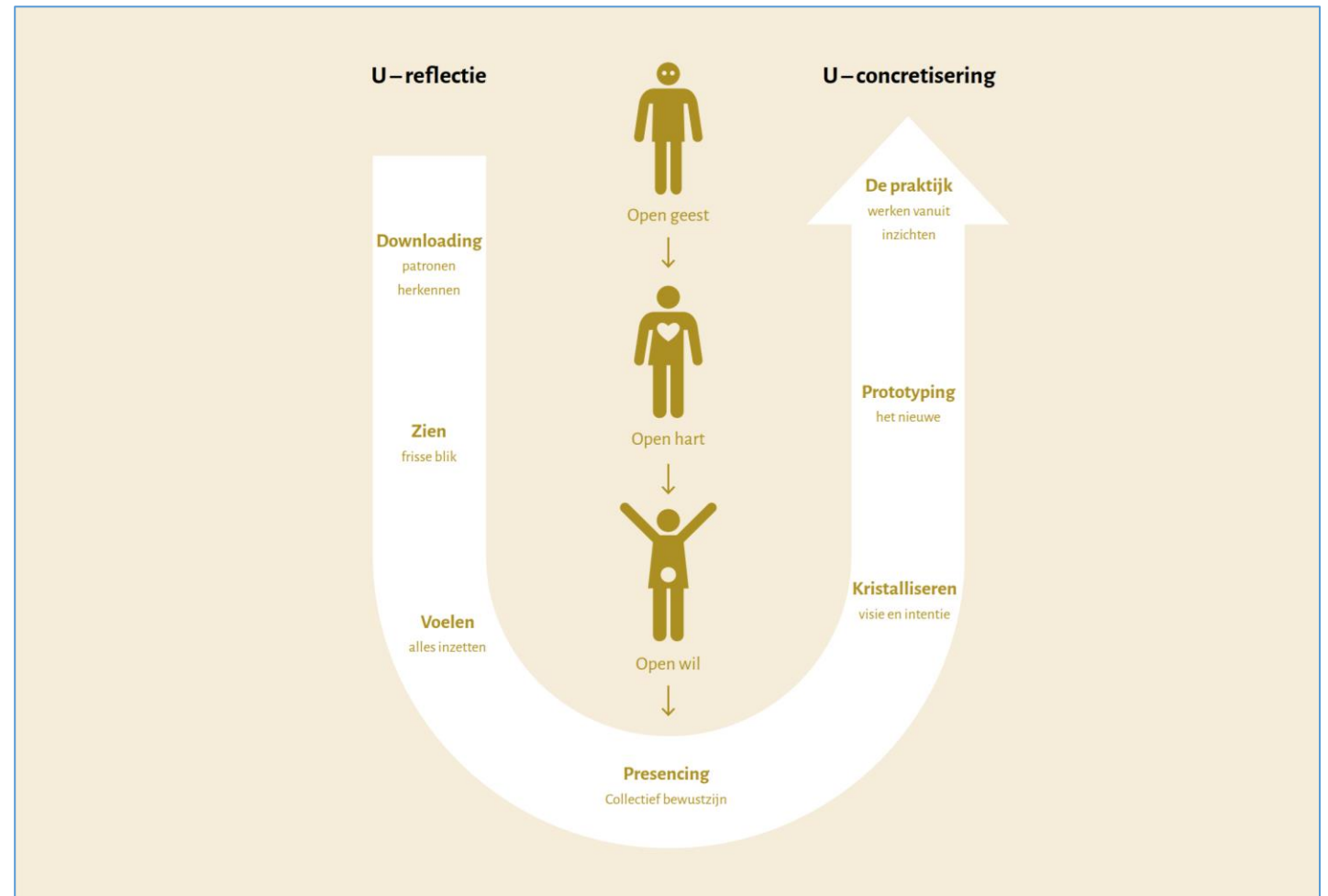
Theory U is a learning method that is used to unravel an emerging change and make it concrete

Developed by MIT behavioral and change experts

Opens the mind, feeling and will and provides inspiration to shape a step-by-step plan that leads to an appropriate context

Is triggered by a key question that emerges from the current context

Answers key questions, creates content and shapes the intention of next steps



Reset Egypt – Program

The Reset exercises are interspersed with other program elements, such as snorkeling, yoga, t'ai chi, and swimming with dolphins.

Reflection on the context (Day 1-3)

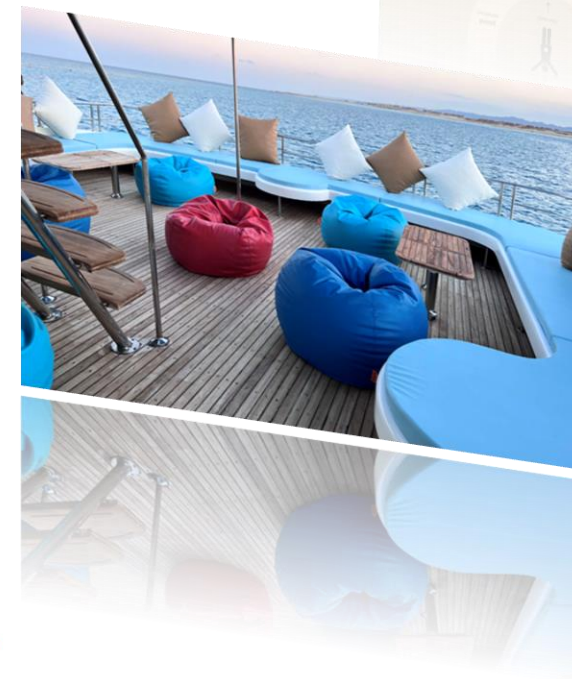
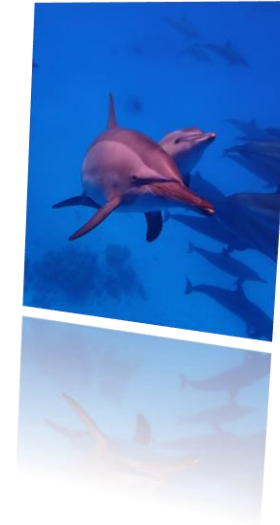
Download: Observation of routines from a centered perspective
Seeing: Observation of routines from a zoomed-out perspective
Feeling: Recognition of emotions, behavior, and patterns
Presencing (1): Letting go of limiting patterns

Concretization and plan (Day 4-6)

Presencing (2): Insight into a new direction
Crystallization (1): Linking values and talents to the direction
Crystallization (2): Future plan, what, how, and when

Back to the mainland and homeward bound (Day 7-8)

In the morning, disembark at Turtle Bay
In the evening, fly back home
The next morning, you land in the Netherlands



Investment

Specification (ex BTW, ex vliegreis)

Total investment per participant: €3.900

Intake conversation

Training

Logistics, location, materials



* De investering wordt vóór de reis voldaan