



Free of Needs Program - online workshop

It is possible to have all of your needs permanently met.

Now, that might make your life just a bit too effortless, but we hear that people find some rewarding way to fill up the time that is freed up when not chasing needs.



Our personal needs play an important role in our daily behavior and in our happiness. During this interactive workshop we will have a closer look at the definition of personal needs and why we have them. We will discuss needs vs. wants. You will find out in an experiment what your personal needs are and how you can start to get them met. And finally, we will discuss how this new awareness can change your life.

The Free of Needs Process and purpose of the program

The purpose of the Free of Needs process is to help you:

1. Identify what your Personal Needs are
2. Understand how to get your Personal Needs met
3. Design an effective system to have them disappear

This training is for **Executives, Coaches and any high evolved people** who are interested to foster their personal growth. It is consisting of theory, and comprehensive exercises in a group of maximum 10 people. Each module is designed to provide students with an in-depth knowledge and understanding of the application of the "Free of Needs" program. Modules include lectures, group discussions, readings, and homework assignments. The training supports students to continue to develop and refine their personal growth in a practical application of the learned knowledge. Students also experience one 1:1 coaching with the Professional Certified Coach to deepen their internal development and support their holistic welling.

Come to this training to enhance your knowledge about personal needs and how they drive your daily behavior. Learn new ways to get your needs met and become more whole.

Support yourselves as a leader or a coach by deepening your self-awareness and self-care practice. Improve your ability to listen to and understand yourself and others at a deeper level.



Zoom


If you want to know more, you may contact me:

alexandra@philiponacc.ch

+41 79 887 17 08



Program

-  **Modul 1: 1h** **Theory** - You will learn about:
Definition of Personal/Emotional Needs
Where they come from.
What impact they have on your daily life.
The role they play in your decision making process.

- Modul 2: 1h** **Dive deep** - We will talk and discuss the different needs. What they mean to us and what importance they have for us.
Homework assignment: Wheel of Needs - What are your 4 most important needs?

- Modul 3: 1h** **1:1 Coaching** with the Professional Certified Coach. Here you will find out in a confidential environment what currently the most important need is in your life and how it drives you.

- Modul 4: 1.5h** **Design a system to get your needs met**
We will talk about the 7 steps process. How you can establish boundaries and getting a self-caring automatic sprinkler system

- Modul 5: 1h** **1st check-up meeting** We will discuss in the group how you are processing. You can share your experiences, ask questions and your Professional Certified Coach will coach you around the challenges you are facing.

- Modul 6: 1h** **2nd check-up meeting** We will discuss in the group how you are processing. You can share your experiences, ask questions and your Professional Certified Coach will coach you around the challenges you are facing.

- Modul 7: 1h** **3rd check-up meeting** We will discuss in the group how you are processing. You can share your experiences, ask questions and your Professional Certified Coach will coach you around the challenges you are facing.

- Modul 8: 1h** **4th check-up meeting** We will workout how you can keep this system of healthy boundaries and the self-caring automatic sprinkler system also in the future.



Dates for spring 2021

Modul 1: 1h 09.03.2021 / 1.30 - 2.30 PM CET

Modul 2: 1h 16.03.2021 / 1.30 - 2.30 PM CET

Modul 3: 1h 22. - 27.03.2021 you will choose an individual appointment

Modul 4: 1.5h 30.03.2021 / 1.30 - 3.00 PM CET

Modul 5: 1h 13.04.2021 / 1.30 - 2.30 PM CET

Modul 6: 1h 05.05.2021 / 1.30 - 2.30 PM CET

Modul 7: 1h 25.05.2021 / 1.30 - 2.30 PM CET

Modul 8: 1h 15.06.2021 / 1.30 - 2.30 PM CET

Price: CHF 595.00