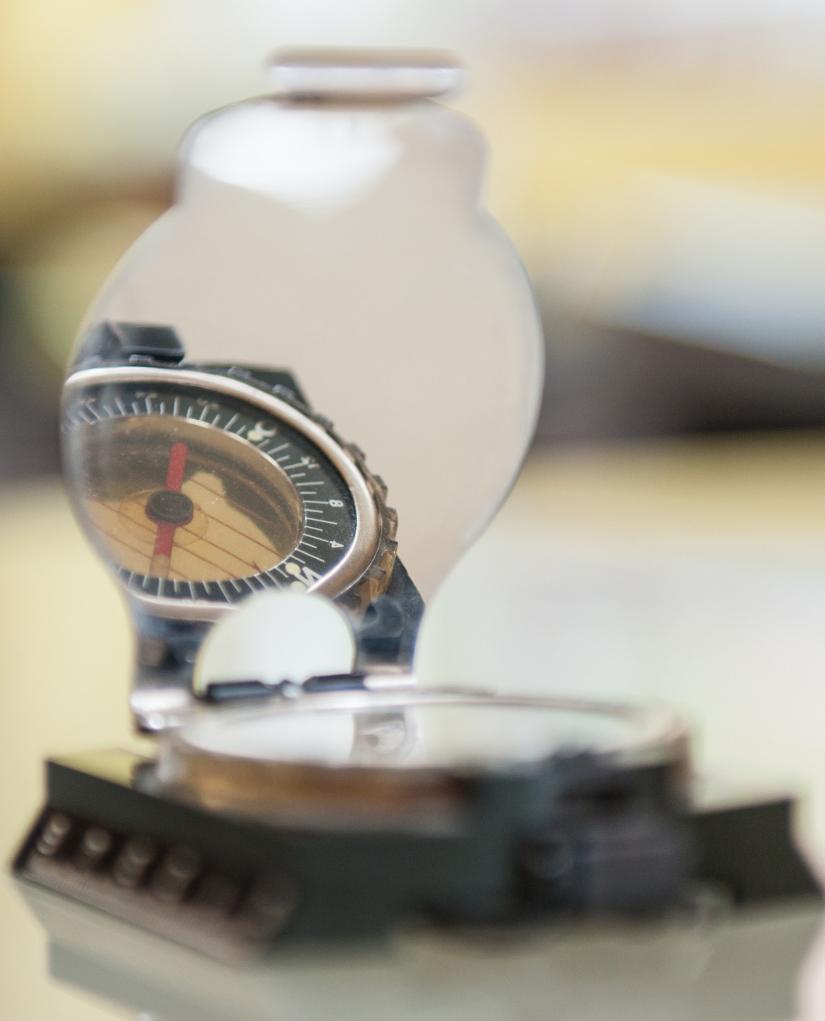


WORK-LIFE INTEGRATION – A NEW PERSPECTIVE SUCCESS AND HEALTH IN LIFE AND WORK

A NEW PERSPECTIVE

IDEAS AND CONCEPTS BY KLAUS ZEPUNTKE



How successful and healthy would our lives be if we changed our point-of-view and let go of the complex demands of work-life balance?

Work-life balance separates what belongs together. The new perspective of **work-life integration** eliminates this separation, and connects and integrates the three areas of life: work, partner, family, friends, and self.

Together, we will leave habitual paths and dedicate ourselves to the extraordinary. This lies outside your comfort zone. Be ready to discover the limitless possibilities of your life!

What seems unimaginable today can become an integral part of your personal life vision tomorrow. Learn how you can rediscover passion for your work without burning out, and what questions you need to ask yourself to achieve this. You will have time to examine in depth how to cultivate lasting, high-quality relationships with your partner, family, and friends. Since you are the core of your life and therefore the only constant, time will be devoted to exploring how to regularly care for yourself without being selfish.

This isn't about a "one-size-fits-all" model. It's about recognizing simplicity and the radicalism of simply doing the simple things. Developing new individual perspectives, courageously taking control of your life again, and being able to publicly express who you really are – that's what we'll focus on in this program. You'll realize there are no shortcuts in life, and be able to identify areas of your life requiring change.

Learn from nature. There is no spring and summer without fall and winter. What do you need to let go of to truly live your life?

This new perspective gives you new clarity and helps you trust yourself and embark on new paths. This new perspective is your perspective.

The Program

The Right Format for Everyone

1. Talk	Page 4
2. Introductory Workshop	Page 4
3. Three-Day Workshop	Page 4
4. Hike (multi-day by arrangement)	Page 7
5. One-on-one Coaching	Page 10



1. Talk

After this approximately 90-minute keynote presentation, you will return to your daily life motivated and inspired. Practical examples from real life will encourage reflection, enabling you to make decisions and directly implement your first individual steps toward change.



2. Introductory Workshop

This one-day event will take you out of your comfort zone. You will discover opportunities for change and leave with questions that have been waiting for you for a long time. When you leave, you will want to address these questions because you know they are yours. And you don't have to do it alone, as Klaus Zepuntke, your speaker and coach, is there to support you if needed.

3. Three-Day Workshop

During these three full days, you will work directly on your personal themes. You will be encouraged to reflect on your own life situation and work on new questions that have arisen, or on those you have brought with you.

In group sessions, in pairs, and in individual conversations, you will develop initial answers to these questions. Often, however, it is necessary to let the questions that arise remain as questions for the time being; they will continue to work within you.

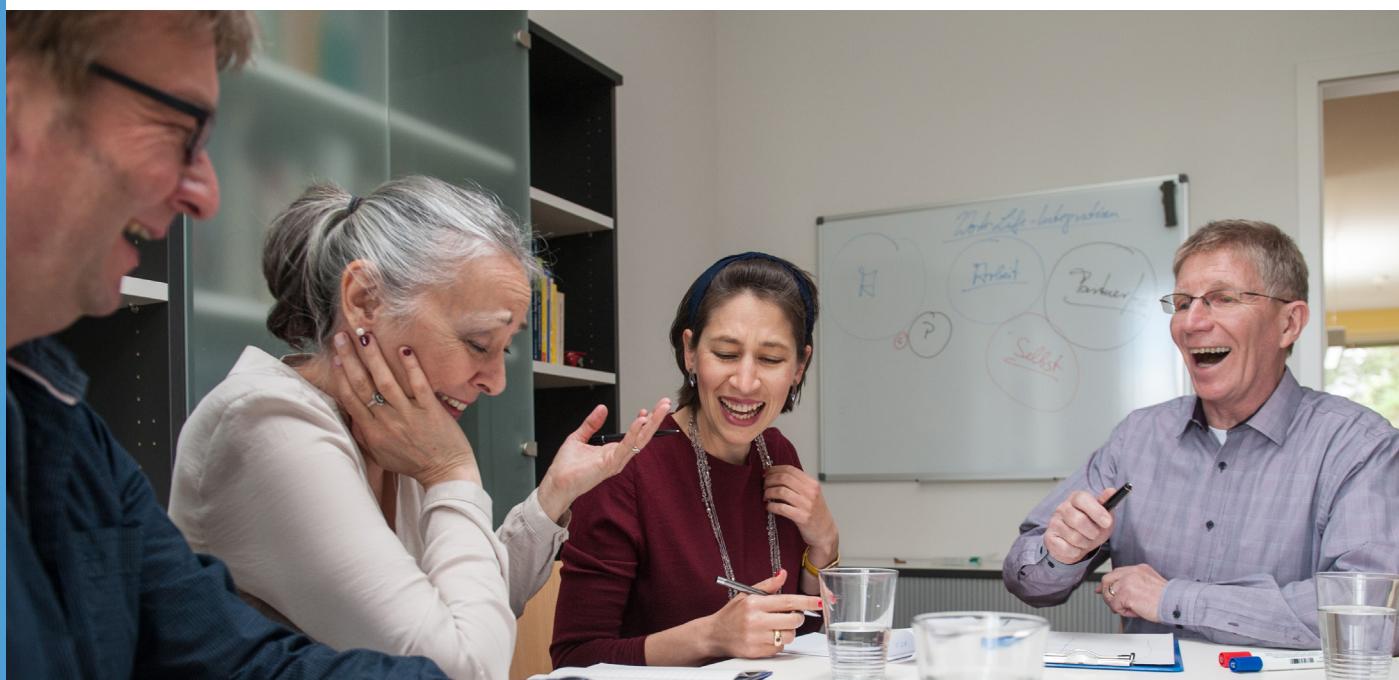
Questions have no best before date, answers sometimes do.

These three intensive days are about your individual life situation, your new perspective, and your passions. We will consciously take the time to develop and reflect on these.

Individual work and the exchange with other workshop participants lead to a deeper form of self-knowledge. This is a fundamental prerequisite for authenticity and success. Only those who know who they truly are can be authentic.

Your inner dialogue – self-talk – will be of a higher quality, opening up possibilities for new thoughts and ideas. An experience of new vitality is possible when you leave your comfort zone.

With your new questions and initial answers, you'll begin to view your life differently. You've identified areas of your life requiring change and developed initial steps. Your new perspective on life is now your compass. **You decide what is right for you.**



The transitional seasons of spring and fall are ideal for this work; they represent letting go and transformation.

The exclusivity of the small group (min. 6 – max. 12 people) allows for building a high degree of trust, a fundamental prerequisite for the intensity of this work and your personal success through clarity and direction.

Klaus Zepuntke will support you throughout these three days with one-on-one coaching sessions. An additional 1.5-hour coaching session (also available by phone) following the workshop is included in this format.

Arrival Day

Arrival by 5:00 pm and an informal group dinner at 6:30 pm. At dinner the workshop participants will have the opportunity to get to know one another.

Days 1 and 2

Introduction to the shift in perspective and the concept of the three life areas: work, partner/family/friends, and self. Examination and reflection on these life areas in plenary sessions, individual work, and group activities. What does it ultimately mean for each individual to live and shape these life areas in an integrated way?

Day 3

Integration of personal insights from your new perspective. Presentation and appreciation of your personal change initiatives conclude this day and workshop.

Departure day

Departure after breakfast.



4. Hike (multi-day by arrangement)

Broadening your horizons, reflecting life in motion, and gaining inspiring new perspectives is the motto of this program.

Together with the group and your hiking guide and coach, Klaus Zepuntke, you'll leave the beaten path and set off on a journey. You'll discover the boundless possibilities of life outdoors – in nature – in motion – while hiking.

Have you ever experienced this? You suddenly find solutions to long-standing problems while jogging, or an extraordinary idea pops into your head. You're walking with your partner and your conversation reaches a remarkable depth, bringing you closer to yourself and to each other. The reason for this is the **magic of movement**: the quintessential of hiking.

The meditative nature of movement clears your mind and slows you down. You think with an ease that opens up new dimensions and perspectives. The ever-changing landscape of the hike is inspiring; we shift our thinking patterns and loosen the hold of mental dead ends. In nature, life can be viewed more clearly; it is less filtered through the old lens of habit.



You will discover what truly matters to you and what doesn't or no longer does.

Through the magic of walking and the inspiration of nature, you'll experience imagery which opens up new horizons and paths yet to be travelled. **You'll understand there are no real shortcuts — neither on a hike, nor in life. Learn from nature, in nature.**

What do you need to let go off to truly live your life? This is one of the central questions we will explore.

Ideally KLAZEPT hikes take place in the two transitional seasons of spring and fall. Both symbolize new beginnings.

In spring nature awakens to new life, and so do we. We leave behind our winter slumber and begin the work on our personal themes.

In fall nature prepares for winter and spring; the old must go to make room for the new. Leaves change color, eventually fall from the trees, and thus create space for the buds of new life. Our trust in nature — that after every fall and winter a new spring is sure to come — applies to our own lives.

You'll alternate between **hiking alone** and **hiking in dialogue** with a partner. This approach allows you to be with your own thoughts before sharing them and drawing inspiration from another's contributions. It allows you to reflect on your own life situation and ask yourself your own questions. These questions serve as your impetus and motivation to continue — your driving force.

Movement, quality self-talk, and conversations with other group members and Klaus Zepuntke form the triad of every KLAZEPT hike.



During our shared breakfast each morning, we will adjust our compass for the day and discuss what this means for each individual. The day itself and your personal journey will follow. Allow yourself to embrace it and everything it entails. A journey is a consciously chosen encounter with the unknown.

It is a discovery of all that is new along the way, all the possibilities that present themselves. In honest and respectful conversations with Klaus Zepuntke and other participants, you will be able to re-examine your personal situation in a new light.

Everything that happens on your journey during this time will be kept within the protected space (container) of the group. In this way it remains free of unwanted input or influences, and your individual process of growth can begin.

The hike will leave its mark on you. Our final stop will be a pause: the starting point from which you continue on your own..

Requirements

You should be physically fit enough to hike for up to five hours a day without significant exertion.



5. One-on-one Coaching

For all formats offered, one-on-one coaching sessions (also available by phone) provide further support for your personal change/growth process. Customized and, above all, practical strategies for implementation help you directly achieve your personally defined goals. One-on-one coaching can also be booked independently of your participation in any of the above-mentioned formats.



Where do the events take place?

All multi-day events are held in natural settings. Nature offers the necessary tranquility needed for inner peace and space for thoughts to take shape. You are welcome to suggest a preferred location, or follow Klaus Zepuntke's recommendation.

Schedule a personal appointment with Klaus Zepuntke to find out which program format is right for you.

Coach – Speaker – Facilitator

Klaus Zepuntke, executive and personal coach in Europe and North America, has been serving clients for over 35 years in various industries. He supports companies in organizational change processes and private clients in personal change processes.

Today his clients benefit directly from the experience he has gained in working internationally across industries. He has developed the ability to “listen” to what is not said and reflect this back to clients. What is not said or what a corporate or private client avoids mentioning often points to the real issue in need of attention. This is not always the same as the issue initially presented.

The KLAZEPT Concept is the basis of his coaching; his clients benefit from his clarity and directness, free of any frills.

Klaus Zepuntke supports his clients in deepening their self-knowledge to enable them to reach their change objectives authentically with sustainable benefits.

Klaus Zepuntke is the founder and managing director of KLAZEPT Coaching & Consulting.

All KLAZEPT services are offered in English and German.

For further information
please contact:

KLAZEPT
Coaching & Consulting

Klaus Zepuntke
Harkensee 2
22307 Hamburg

T: +49 40 73 44 41 09
M: +49 173 82 66 404
klaus.zepuntke@klazept.com
www.klazept.com



»To leave
in order to arrive.«

