

to thrive (θraɪv)

vb (intr) , **thrives, thriving, thrived, thrive, thrived or thriven** ('θraɪvən)

1. to grow strongly and vigorously
2. to do well; prosper

## **How do you know it is your time to thrive?**

- Maybe you have a nagging sense that there is more?
- Perhaps you feel stuck in life or professionally?
- You need inspiration to make a next step?
- You feel physically or mentally exhausted?

Thriving happens when you live a life with purpose, vitality and connection. A life where mental, emotional and physical wellbeing are balanced.

## INTRODUCTION



'You are meant to thrive not just to survive'

Embark on this journey!

In 6 sessions you will create your own life-changing experience.

You will gain a clear and deep understanding of what truly motivates you and you will learn how to thrive physically, mentally, emotionally and spiritually.

Parts of our journey will take place outdoors as nature is a portal for self discovery and development.

**Corporate Clients (individuals + teams):**  
**AkzoNobel, WWF, DSM, Polis Direct, Canon Ltd., Océ, ING Bank, TMF, AerCap, PwC, DVB Bank**  
**Athlete Clients: ski, freeride, judo, BMX, karting, cycling, athletics, tennis, triathlon**

## YOUR GUIDE

### **Maayke van der Pluijm ('74)**



Maayke acted in a variety of corporate and consulting roles before starting her own business in 2007 with a focus on supporting others (from professionals to athletes) to bring out the best in themselves and achieve high performance.

Maayke's experience with coaching (professional) athletes has helped her to gain valuable insights and knowledge about what drives high performance. The **You Thrive Journey** is based on important building blocks of the high performing athlete such as: goal setting, concentration, our emotions, self confidence, energy management, motivation and identity.

Throughout the years Maayke has supported a long list of individuals, athletes and (multicultural) teams, often spread over different locations and time zones, accelerating high performance and collaboration.

- Psychologist FSP
- Certified NLP Practitioner
- Mental Game Coach (IMGCA)
- DAS Sports Psychology (UNIL/EPFL) (2019)
- ACC Coach (ICF)



# THE JOURNEY TOWARDS THRIVING



This program is more than a coaching program. It is an investment in yourself, an integrative journey where you will get to work and to discover your purpose and learn to balance your mental, physical, emotional and spiritual well being. During our sessions we will go outdoors and use nature as a portal for self discovery and development.

**Timing:** Changing habits and routines take time. The journey will take in average 3-5 months. Each session will take between 50 - 70 minutes

**Outdoors:** some parts of the journey will take place outdoors. We will walk and let nature inspire us to accelerate your personal development process

**Commitment and responsibility:** both crucial to change your behaviours and improve your performance. The journey has been developed to support you as much as possible however only you can choose to make the steps towards thriving.

**\*One Size Fits All:** you are unique. The program serves as a guideline. Changes can always be made based on your needs and progress.

**Price:** Early bird offer (until 31/12/2018)  
800,= CHF (Excl. VAT) for full journey (6 sessions)

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**Member of:** Fédération Suisse des Psychologues, IMGCA, Association for Applied Sport Psychology, International Coach Federation.

## SESSION 1: CHECK IN\*

We begin your journey by putting a stake in the ground for who you are and what you truly desire from your life.

Each journey starts with:

- Personal assessment on drivers, motivations, intentions and values
- An energy and performance check
- 360 degree feedback from family, friends or colleagues

## SESSION 2: AWARENESS OF YOUR ENERGY

Discover your energy drivers, your nutrition, movement and sleep routines.

- Assess energy drivers throughout the day
- Journaling to become aware of how you eat, move and sleep.

## SESSION 3: AWARENESS OF YOUR NARRATIVE

Before you can gain control over your life and start thriving, you need to become aware of how your thoughts and communication influence your emotions and who you are.

What we will do:

- Self observations
- Journaling to become aware of behaviours and thoughts

## SESSION 4: SETTING INTENTIONS & GOALS

Based on the first 3 sessions, we will be able to set your intentions and goals and start to work on them.

We evaluate and define what you want to get out of the journey. Having discovered the forces controlling your life, you can start to reframe them, better enabling you to live a more fulfilling life with purpose, vitality and connection.

## SESSION 5: ONGOING COACHING

Through ongoing coaching and specific exercises, we will work towards reframing your thinking and actions.

You will establish new habits and routines that will help you to thrive and improve your performance in the specific areas you have identified.

## SESSION 6: CHECK OUT

We end our journey by by assessing your progress:

- Performance check
- 360 degree feedback
- Action plan for future