

MENTAL CLARITY

– SUCCESSFUL LEADERSHIP –



– CAL REIET, MALLORCA –
3 – 6 MAY 2018

COURSE/RETREAT WITH
ANDERS HAGLUND



Personal leadership training that will transform your understanding of performance, well-being and productivity. Priceless knowledge & insights giving you a whole new ability to lead and bring out the best of yourself and the people around you.

Successful leadership from the inside out
Improve all your relationships
Principles for inspiration, productivity and creativity

Practical implications of performance psychology
Coach yourself and your co-workers to new heights
Health & Energy - fuel your success with exercise and great food

DESCRIPTION

- ✦ 3 nights accommodation at Cal Reiet
- ✦ Healthy breakfast, snacks and lunch
- ✦ 20 hrs of coaching with Anders Haglund

- ✦ Daily exercise (voluntary)
- ✦ Course certificate
- ✦ Travel arrangements to Mallorca and Cal Reiet is not included and is the responsibility of each participant.

REGISTRATION & INFORMATION:

€ 2.490 excl. VAT (single supplement €540, ltd availability)

karin@lifevision.se +46-33-140070

LIFEVISIONTM
ANDERS HAGLUND

SCHEDULE MENTAL CLARITY 3-6 MAY

- THURSDAY** Welcome and check-in
13.00–15.00 Lunch and start-up coaching session
15.00–19.00 Course - Insights for Success
- FRIDAY** 07.30 Morning exercise, yoga, run or walk (voluntary)
10.00–17.00 Course - Simpler Than You Think! & Accelerated relationships
- SATURDAY** 07.30 Morning exercise, yoga, run or walk (voluntary)
10.00–17.00 Course - Time to Lead & Results based coaching
19.00 Team dinner (voluntary, not included in the course fee)
- SUNDAY** 07.30 Morning exercise, yoga, run or walk (voluntary)
Check-out
- Course effective time 20 hours



CAL REIET

Cal Reiet is a unique boutique lifestyle hotel and retreat featuring 15 beautifully designed rooms and suites. Set in lush Mediterranean gardens it is an oasis ripe with scents of the earth, sea and sun. Complete with a 20 meter swimming pool, gym, yoga shala and great meeting facilities. The food is made with locally and organically sourced ingredients wherever possible. Cal Reiet is a simply stunning spot on the beautiful island of Mallorca.

More info: Calreiet.com

ANDERS HAGLUND Transformative Success Coach

Anders is one of Swedens most appreciated inspirational speakers and executive coaches. His entertaining yet profound way to share knowledge gives you insights that lead to real change, regardless if he is working with leadership groups, professional athletes or in a large arena. Time will fly by as you get insights for life.

Anders has worked with companies like Volvo, Ericsson, NASDAQ, Tetra Pak, the Swedish Olympic Committee and all kinds of people who want to raise their game to a new level, both at work and in their private lives.

"Anders vision: To inspire, educate and make a difference in enough peoples private and professional lives to make a positive difference in the world!"



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