

# Welcome to the Jura!

## Is it time now for your story?

To finally give yourself some space? To step back from the daily hustle and bustle and find the peace to get your affairs in order again? In beautiful surroundings, with personal one-on-one guidance, and a program completely tailored to you. For new energy, inspiration, insights, or a concrete action plan to move you forward; exactly what is important to you.

## Where?

In the Jura, in France! Beautiful in all seasons. About a 7.5-hour drive from Utrecht and easily accessible by train.

## What can you expect?

You can choose an intensive two-day retreat, or three days for deeper exploration. No yoga or mindfulness sessions. Instead, you will actively get to work on your questions. I will think along with you regarding your choices and challenges. You elaborate on your options and you broaden your horizon. You will gain clarity on your next steps, whether for your work or your personal life.

## What are we going to do?

On the day of arrival, let's first settle in: welcome to the Jura! We work in the rhythm of the sessions, with focus and variety. Each session has its own theme, visualizing your next steps, step by step. We take time for coffee/tea, lunch, and dinner. We celebrate the completion of the final session with a delicious drink. We schedule the follow-up meeting and we say 'au revoir'. You are happy with the results of your off-site; I am satisfied that you have taken the necessary steps.

## Already familiar with the Jura?

I work from the charming town of Lons-le-Saunier. We make room for a breath of fresh air in the beautiful nature, or for a relaxed break on a sunny terrace, depending on the season. You choose the location where you prefer to stay, with the comfort of your choice. I arrange the most suitable work locations, with everything that goes with them.

## In experienced hands

I have been active for many years as a psychologist, coach, mediator, HR professional, writer, people person, and nature lover. Now in France, I am happy to put my experience to use in organizing the off-sites; I am delighted to offer you the valuable tools that will take you further!

## What are the costs? (excl. accommodation)

The cost for the 2-day course is €1,450, and for the 3-day course, it is €1,950, including intake and follow-up meeting, coffee/tea, lunches, dinner(s), and drinks. VAT does not apply.

## Call or email for a free introductory meeting

Call +31.6.11305180 or send an email to [cvdpas@hr-companion.nl](mailto:cvdpas@hr-companion.nl). We will schedule a Teams or Zoom call where you can tell all about yourself. We will discuss what suits you and when this would be possible.

## Will you take the first step? Your story takes center stage! See you soon!

Christianne van de Pas ■ M: +31.6.11305180 ■ E: [cvdpas@hr-companion.nl](mailto:cvdpas@hr-companion.nl) ■ W: [www.coachinghr.online](http://www.coachinghr.online)

