



GEVA & COMPANY
CONTINUOUS BENEFIC TRANSFORMATION

MASTERING COUPLE INTIMACY

How to Integrate intimacy in your couple relationship to drive radical and measurable transformations in your personal life

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HAPPINESS | INNER POWER | VITALITY | SELF-CONTROL
SELF-AWARENESS | HEALTH | LONGEVITY | COUPLE REJUVENATION

Available ONLINE & ONSITE: 2023 - 2024 - 2day FORMAT

Special team offer: Every fifth participant from the same company is free.

MASTERING A COMPLEX TABOO

PERSONAL DEVELOPMENT - HOLISTIC APPROACH

The consequences of stress are becoming increasingly visible – not just to the individual, but to organizations as a whole. Stress causes 56 % of workers to search for a new job, **resulting in high turnover costs and productivity losses**. As the interdependent relationship between personal well-being and team productivity is realized, businesses are beginning to prioritize wellness, mental-health and happiness for the resilience and benefits it brings.

This program offers strategies to support the self-care of the teams you lead and colleagues you influence, while also focusing on your own well-being and personal resilience. It has a multi-dimensional impact and is based on solid science, relevant and applied research and offers a tested methodology for intimacy integration and personal development. **No jargon, no trivia, no offending language, no uncomfortable moments - on the contrary, the delivery is in a business format, settings and language with a practical insights approach.**

For a Certificate, the program is a year-long online course and provides the knowledge and the tools to sustain happiness on the individual and interpersonal levels.

HOW YOU WILL DEVELOP?

BRIDGING A COMPLEX TABOO WITH ACCELERATED INNER GROWTH

Learn how to integrate couple experiences for your accelerated inner growth.

GRADUAL APPROACH

You'll explore the reciprocal relationship between a 'healthy you' and 'healthy teams' as you unpack the science and practical examples of self-development. With an understanding of how essential health practices are for stress and energy management, you'll gain the tools and techniques to encourage well-being of self and others. The program uses self-reflection, goal setting, and specific frameworks to guide you as you define your wellness priorities, and build resilience for a volatile working world.

PARTICIPANTS

The program is intended for individuals/executives who want to learn a methodology on *how to use the unused*. It is relevant for those who are motivated, courageous and interested to also refresh their couple relationship. Actionable learning about inner energy, emotional and mental processes, how to act upon and how to establish the context for accelerated inner growth.

TAKEAWAYS

Through lectures, discussions and Q&A sessions the program will empower you to:

- Explore the essential factors of a happy couple;
- Harness the latest and bold neuroscience research on intimacy to embed sustainable behavioural change;
- Get the validated process for the successful practice of a holistic method;
- Learn actionable tools within a clear methodology;

2022 / 2023			
PSIC ONLINE PROGRAM FEES		CHF 600 (couple) CHF 399 (single)	WHO SHOULD ATTEND
DATES	online onsite	APRIL, JUNE, OCT on demand	EXECUTIVES – SINGLE OR IN COUPLE

Does not include meals and accommodation.

PSIC 6 MONTHS PERSONAL COACHING FEES		CHF 7,000 (couple) CHF4,000 (single)	
DATES	online onsite	on demand	EXECUTIVES – SINGLE OR IN COUPLE

Includes bi-weekly coaching sessions. Support for personal action-plan implementation.

Dates and Locations are subject to change.

Learn how to develop the METASKILLS for a super-happy life
MEN & WOMEN

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SAMPLE AGENDA

Day 1	Day 2
8:00 - 9:00 Registration and Breakfast	8:00 - 9:00 Breakfast
9:00 - 10:30 10:30 - 10:45 10:45 - 12:00 The Pillars of Superior Intimacy Model Tea / Natural Juices Break Comparative Analysis	9:00 - 10:30 10:30 - 10:45 10:45 - 12:00 The Process Tea / Natural Juices Break Mastering Inner Energy - Tools & Techniques
12:00 - 1:00 Lunch	12:00 - 1:00 Lunch
13:00 - 14:00 14:00 - 14:30 14:30 - 14:45 14:45 - 16:00 4Step Model Major Obstacles and Advantages Tea / Natural Juices Break Intimacy & Brain Neuroplasticity: Crucibles and Developmental Phases	13:00 - 14:30 14:30 - 14:45 14:45 - 17:00 Key Principles - The Proper Ecosystem Tea / Natural Juices Break Questions and Answers - Group Discussion and Personal Integration Tea / Natural Juices Break
16:00 - 17:00 Group Discussion and Personal Integration	17:00 - 17:15 17:15 - 18:30 Summary and Next Steps

Please note: sessions, breaks or locations may be subject to change.

PROGRAM DETAILS

Recent neuro-endocrinology research is leading us to a greater understanding of how to improve couple relationships and leadership capacity. Those who grasp the meaning and implications of this model will be better equipped to reinvent their life and to improve their leadership effectiveness - in simultaneity.

WHAT YOU WILL LEARN?

- Key principles of *Resonance, Holography* and *Polarity* for accelerated personal development;
- *4steps* model, neurophysiology of intimacy and embodied leadership;
- *Consciousness - Breath - Procreative Potential* Trio: metacognition and benefits for well-being and happy couple relationship;
- The how's of inner re-engineering processes - **practical insights** towards vitality, creativity, happiness, self-awareness, self-control, emotional intelligence, empathy, intuition, mental focus and complex problem solving.
- Actionable techniques to address/(even solve) typical couple problems.

An action plan to improve and sustain resilience and well-being, including strategies to maintain energy, overcome bias, and promote common-sense and intelligence around a sensitive topic among team members. You get a solid understanding of the critical techniques that balance professional productivity with personal health, such as sleep, good nutrition, and specific exercises.

Learn tools to improve wellness and foster a team culture through psychological safety. **Get personal strategies to identify and prevent burnout, promote self awareness and well-being.**



GEORGE VASCAN
Program Director
EMBA, IMD Lausanne
Strategy Program, INSEAD

+20 Years Senior Executive Roles MNCs
Projects: BAT, VODAFONE, SAB-MILLER, JTI, SCHNEIDER-ELECTRIC



IOANA JIGAU
Program Manager
Leadership Program, Case Western
Clinical Psychologist & Couple Psychotherapist

+10 Years Facilitator in Executives Programs
Projects: APPLE, SAB MILLER

"A model where you explore how to use couple experiences for leadership development. You access a source of inner energy with which you can create a better vision, communicate with more impact, motivate others with purpose, and design winning organizations."

"You get a completely new perspective on how to boost your leadership capacity. Personally you will learn something that reinvents for the better your couple relationship."

Learn how to develop the METASKILLS for a super-happy life
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