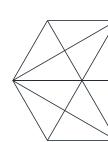




/ What is the purpose of this F.A.C.E. format?

Corona has done a lot to us and changed us and the world. We must prepare now to set out to conquer this new world. But where do we start? Within ourselves. We need to seriously plan this exit from the pandemic by rethinking everything: our values, our plans, our projects. Now is a great opportunity to define the next step, to steer it in the direction you really want to go. Now is the moment to sharpen your personal challenge in order to align what you think and what you do. For three weeks, you'll join other challengers in defining your challenge and preparing yourself mentally and physically to meet it.

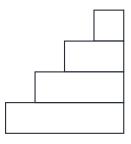


#Vision #Focus #NewWay #ChallengerMindset #SelfManagement #MentalStrength #Fitness

/ Who is this format for?

The camp is aimed at all those people who want to actively shape their future and want to develop themselves further. Maybe it's time to reposition yourself, to finally find a balance or to take a new professional direction. Formulate your new challenge in the camp and work out your challenge plan with other participants and the FACE coach. It doesn't matter if you are an employee or self-employed, a newcomer, a team leader or the founder of a start-up: Let's face your challenge!





/ Your benefits

- You are aware that you need to take a proactive approach to your challenge.
- You learn to live and act according to your values and needs.
- You can define your challenge very specifically.
- You develop your battle plan for your personal challenge.
- You gain willpower and prove implementation energy.
- ✓ You strengthen your mental and physical condition.
- You gain the tools for integrating your plan into your everyday life.

/ Module overview

WOCHE	1	2	3
1. Group session on Monday	Onboarding FOCUS Self-reflection and answer the question: "What do I want?"	COORDINATION Self-development and answer the questions: "With whom do I do it and with what do I do it?"	PITCH preparation + box session Strategic and content design tips for the pitch presentation
	2.5 hours	2 hours	3 hours
Individual Homework	Around 1 hour	Around 1 hour	Around 1 hour
2. Group session on Thursday	AGILITY + sports session Self-effectiveness and answer the question: "How do I do it?"	ENDURANCE + sports session Self-discipline and answer the question: "How do I persevere?"	PITCH presentation 3-minute presentation of your own challenge in front of mentors
	3 hours	3 hours	2.5 hours
Individual Homework	Around 1 hour	Around 1 hour	

/ Detailed information

Cost: EUR 1,950 per person

The camp will take place after registration of 13 participants. Max. of 20 participants

Duration/Time investment:

Duration 3 weeks, 2 Zoom sessions per week, including 3 sports sessions (one per week), a one-to-one coaching session (45 mins) und homework (including canvases) for individual development

Date:

Nov 15 - Dec 2, 2021



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