

# *'How to be myself in communion with others'*

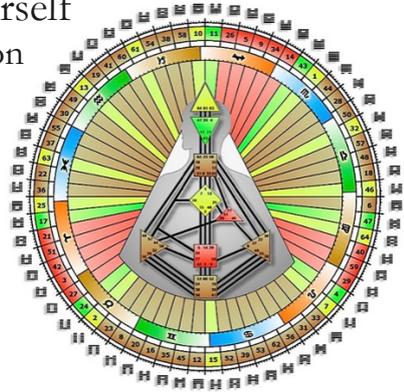
## Dialogue and Human Design

being connected with the other from within yourself  
a 3-day retreat about authenticity and communication



Webinar Introduction evening 18.12.2019  
Retreat 26.02 – 28.02.2020  
Landgoed Zonheuvel, Doorn, NL

with **Julia de Geus & Kees Voorberg**



This Retreat is an invitation to explore the basic principles of successful and fulfilling communication in an open workplace.

An important source of healthy communication is the art of truly being yourself, expressing your truth in the midst of others and approaching their being differently with respect.

In the decelerated space of the retreat we get close to ourselves and experiment with an authentic form of communication.

We all have experience in our lives to feel unfree and go beyond our borders, when we are together with others- our partners, our families, or our working teams. In meeting other human beings, we easily encounter resistance. This is because we fall back on old survival patterns and behaviors that we developed very early in our lives to meet the expectations around us and to adapt to them. In this dynamic of unconscious behavior, in which we cannot remain faithful to ourselves, arises defense, reproach, fear and sometimes even radicalization. Because of the power of those repeating old behaviors that go hand in hand with deep convictions, sometimes even the effort to consciously and respectfully communicate with each other fails.

In fact, the patterns make living together difficult, not the people.

For many of us it is a valuable and empowering experience to be able to connect with our true self being in nature or in silence. Such an experience offers us the opportunity to recharge and to be relaxed in the hectic pace of everyday life- at least for a little while. But often the peace and contact with yourself is disturbed easily as soon as the retreat is over.

How can we maintain that sense of "being ourselves" in the relationships of our daily life?

In this retreat silence and nature will also play an important role. Above all, we create a space where everyone's ability to be in contact with themselves is encouraged, so that we can take the harvest from this experience to all sorts of concrete situations- at work, in your family, in society, with friends.

If we are connected to our true self, we feel safe in a natural way and as such create and maintain healthy relationships more easily.

To know who we are is not a mental knowing, but a knowing from within. We can't always give words to it, but from having a deep sense of connection with ourselves we feel what suits us and what doesn't and above all we are giving our truth to the other calmly. From this sense of selfrespect we can also see the other clearly and fully respect his/her individuality.

The Human Design System and Dialogue are methods that each contribute in their own way to the development of this form of authenticity.

**Human Design** is a system that reveals to each individual who we are, which patterns and beliefs we have developed. This kind of feedback helps us to relax in ourselves. By experimenting with our design, we practice making healthy decisions from within our inner authority. With every step that is truly correct for us, we are getting closer to ourselves. By understanding how different our design is from the other, respect grows. By experimenting together with the different strategies of our designs, we experience that resistance dissolves and makes room for resonance.

In **Dialogue** the participants are invited to actually listen to each other and to speak their own truth. You don't have to take anyone else into account when choosing your words. You are free to say and investigate what is true for you. Sometimes you hear yourself say things that have surprised you. By the attention of the others you are appearing as yourself. In that process you come into contact with your own deepest truth and you can give it a voice in the group. You can experience and express the connection with yourself while you are amongst others. If you have practiced to be in Dialogue, you can put it into practice in your existing relationships, with your partner, your children, your family and friends, at work.

This experiential workshop offers the participants the opportunity to rest and relax in their individuality and to experiment with authentic communication in the diversity of the group. In addition, it offers participants who work professionally with Dialogue or Human Design new tools to be able to integrate the principles of Dialogue and Human Design more deeply, within themselves and for their participants.

The retreat is facilitated by Julia de Geus and Kees Voorberg. Both have years of personal and professional experience with both Human Design and Dialogue.



Julia de Geus (28.03.1974, emotionally defined manifesting Generator) lives together with her husband Eelco and their three children in Austria, where they have built up "Klein Meran" in the middle of the Wienerwald- a meeting place for personal development and group practice. Her work as a Counselor is mainly based on bringing knowledge of the Human Design System through dialogical-systemic process guidance into the body and into the living experience. 



Kees Voorberg (12.11.1947, G- projected Projector) has been one of the founders of the dialogical work in the Netherlands since 2002. Together with Eelco de Geus, he wrote "In Dialogue. Relationship quality as a source of innovation." Since 2004 he has also been intensively involved with Human Design, both with his personal experiment and with the supervision of others. His core theme is: How can people be completely themselves and at the same time be fully present and connected with others.

### **Practical information:**

Webinar Introduction Human Design: Wed 18.12.19 19:30- 20:30 (possible follow- up dialogue until 21:00) free

Workshop: 26.2- 28.2.2020 Wed. & Thu. 10:00am- 5:00pm, Thu. also 7:00pm- 8:30pm, Fri, 10:00am- 4:00 pm

Location: Zonheuvel Estate [www.landgoedzonheuvel.nl](http://www.landgoedzonheuvel.nl)

Language: English and Dutch

Cost for the workshop: € 420 retreat (taxes incl.) for private individuals, € 865 (taxes excl.) for business

Cost for stay: daypackage € 230,71; all-in incl. hotel € 398,31

Condition for participation basic knowledge of your Type, Strategy and Authority- If you have not yet taken these steps, you can follow a basic or overview reading with one of the facilitators of the retreat or with another recognized HD professional (see [www.ihdschool.com](http://www.ihdschool.com))

Interest/Questions: [julia@kpr.at](mailto:julia@kpr.at) [www.vielfalttimeinklang.org](http://www.vielfalttimeinklang.org) [keesvoorberg@gmail.com](mailto:keesvoorberg@gmail.com) [www.keesvoorberg.nl](http://www.keesvoorberg.nl)



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