**Information letter**

**Event Wise Training**

**Basic Synergy Training**

***From the 21st until 27th of November 2011***

**Olde Vechte Foundation**

**Ommen**

 **The Netherlands**



**About the International Synergy Group**

The International Synergy Group is an informal European network of non-profit and non-governmental organizations, which share the vision to create a world that works for everyone out of love, care and cooperation.

The Olde Vechte Foundation in the Netherlands and few partner organizations founded the network in 1991. Up to today, the network has spread over more than 25 countries, involving new partners every year. Through a unique and highly effective way of working, we have supported thousands of people to realize their vision out of the reality of their daily life. In order to support people in their personal and professional development, we have created a set of training courses that are performed through out the whole Europe. Our trainings are either open calls or financially supported by the European Committee or the Council of Europe.

In the last 5 years, over 100 training courses in 12 different countries were realized and over 300 graduates of previous trainings per year are assisting voluntarily the professional trainers. Through these courses, we are aiming to create a better society and higher quality of life for everyone.

The International Synergy Group specializes in training amazing skills through experience-based learning, conducted in trainings in which the learning experience is fascinating and enjoyable. The trainings’ outcomes and results are remaining for a very long time.

**The Event Wise Training**

The Event Wise training is the basic of the Synergy trainings. In the Event Wise training, participants work on their personal development (relationships, parenthood, balance in life, etc.). We work with learning methods that follow the natural human behavior, which work in the same way like learning to walk, taste, feel. We call it learning by experience.

Communication with yourself and others is essential to get out the maximum of this training. In this training we learn how to benefit from experiences in our life in an enjoyable and dynamic way.

During this training we are provided with tools, which we can reintegrate in our personal or professional life. The training deals with vital questions, such as: what do I want to do with my life? How do I cope with events? How do I build up good relationships, both in private life and in work situations? How do collaboration, self-confidence, parenthood, love, self-expression and other aspects that determine my personal growth make up the framework of my life? Training will first of all focus on actually experiencing one’s own way of doing things. The next step is to explore alternative possibilities to function in society in a satisfying way.

* **How does the training work?**

Given within a group, Synergy training is individual-based. Participants represent a cross-section of society, ranging in age from 17 to 80.

You take the training for yourself and with yourself. The exercises (called ‘processes’ in our training context) will be done alternately alone, in pairs or in a group. Giving lectures that provide insights, the trainer will prepare the ground. One process may involve talking, while in another you will be listening or visualising certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. There are inside and outdoor processes.

All processes will contain an element of surprise, the exact nature of which is not known ahead of time. And again, participants will be held a mirror up to their faces in a surprising manner. Questions will thus be prompted that can be answered by the participant alone, namely by experiencing his/her own reactions.

* **Who can do this training**

This training is open for everyone from the age of 17. Priority is given for participants older than 30 years (parents). Translation is available. In case you need it, write it clearly in the application form, so we can arrange it.

1. It is open for participants from all countries. You will find participants with a variety of occupations and different backgrounds in the training. Basically all people who are interested to improve the quality of their lives or environment and want to get the best out of life.
* **How is the Event Wise Training built up**

The Event Wise training is a carefully constructed and comprehensive whole. The training will create, in a simple manner, conditions that will enable you to experience how you behave, what effect this has on you and what the consequences can be. Each day during the training period, you will build on what has been done the previous day and a new theme will be introduced.

The central topic raised in the training is: **what is important for me in my life**. What do I really want and what prevents me from achieving it. How can I attain fulfillment and realization in my life? In general, the training focuses on subjects such as my happiness, self-confidence, joy of life, collaboration, openness, spontaneity, daring and enrichment of my relationships in all areas - relations with my partner, family, friends, and at work.

For every day, we selected seven major topics to guide and lead the seven days of the training. It is important to note that these topics include a variety of sub-topics and sub-goals, each according to participants’ lives and aspirations, as far as we have already mentioned that the training is individual. More specifically:

**The first day:** At the beginning, the main philosophy of the training will be clarified in a workable and concrete way. Agreements on working together will be made and roles will be clarified. Also, practical arrangements will be made, in order to create the necessary environment to do the training.

The first day of the training is devoted to the issue of **judgment**. Each one of us has his/her own way of judging and considering matters. When we error again and again, this means that our judgments are mistaken. When we are capable of identifying the mistakes, we can correct them. This first day focuses on the ability to identify how each one of us judges, considers and weights various situations.

**The second day:** The second day of the training focuses on the topic of **patterns**. Each one of us, throughout our lives, we developed specific, automatic ways of behaving and acting, while dealing with events that are coming up. These seemingly inescapable patterns may consciously or unconsciously affect our life. During the day, questions will be raised: What conditions do I allow to affect my life? What automatic responses do I show? How do I sidestep problems? How does this affect my choices and the way in which I conduct my life? How can I improve this? In a process, in which you sit opposite each other, you will see, by alternative talking and listening, how certain people or conditions affect your life.

**The third day:** The third day is a day full of games and action. This day focuses on **self-loyalty**. Most of the times, things happen to us, without us wishing for them. Our reaction to the unexpected is usually anger, nerves, stress and pressure. And then we realize that the new circumstances, or even other people in our lives, begin to control the quality of our life, although this was not what we intended at the first place. The third day deals with the question of how we can achieve the quality that we desire, by maintaining our first intentions and by being loyal to ourselves.

**The fourth day:** The fourth day deals with **spontaneity**. All of us experience tiring routines in our lives, which are also connected to the image that we are using. Many times, this is limiting our spontaneity. During the day, questions will come up: Do I allow myself to be spontaneous? How does this affect my relationships? What are the advantages? What restrictions do I impose on myself by acting that way? Could I do something new?

The fourth day will exercise the ability to enjoy life by being more daring. It is a very dynamic day, full of playing, packed with activity and fun.

**The fifth day:** The fifth day you will have the opportunity to put into practice all the theory and the tools of the training and see how you can create and recreate enjoyment in every moment, independent of the circumstances. This day focuses on **confrontation**. How to cope and deal with “uncomfortable” events, and even difficult events that we did not expect or plan – but they happened. This means, how not to freeze, but rather how to maintain our power and function in the most possible manner during every situation, as well as afterwards.

**The sixth day:** The sixth day focuses on **freedom**. And by freedom we mean the state, where you have always a choice. This day deals with a central question: What do you want in life? What do you really want? On this day, you will confront yourself in depth with this question, independent of the opinion of others. It is a unique opportunity to explore, discover and experience who you are yourself and what you want to do with your life.

**The seventh day:** During this last day all experiences and insights gained during the training will be combined into one consistent all. The seventh day deals with the question of **self-fulfillment**. On this day you will be able to form a clear notion of the way you conduct your life and of how do you fulfill yourself.

You will be also provided with “tools” that will enable you to apply everything you have learned from the training and about yourself in day-to-day life. There will be also time to close the training.

* **Results out of the training**

The training will empower you to become aware of what you want and enable you to create the life that you want. In this training you will have the opportunity to discover more about yourself, what you are already capable of doing, your power, your full potential. The training will support your own strength, while dealing with different circumstances. In this training you will also have the opportunity to practice trainer’s skills, in order to work with the processes and the method of the Synergy Group.

**Practical Information**

* **Language**

The training is given in simple, easy-to-understand English. Simultaneous translators will be present at every training session to ensure that language will not be an impediment to your benefiting fully from the training. Translation into other languages will also be provided as long as we are informed well ahead of time.

* **Guarantee**

If you should feel, after having completed the training, that it has not been productive to you in any way, you can request a refund of the course fee.

The only condition is that you have attended every training session and participated in every process.

* **Confirmation**

If you are selected for the training you will receive a confirmation letter. If you have received this letter you can start arranging your travel.

In the letter you will also receive the travel information and a list of things you need to bring with you.

* **Registration**

After you received the confirmation letter you can arrange your travel. Your registration is final when you arranged your travel and send us your arrival and departure times for the training.

Take care that you arrive before the start and leave after the end of the program. Arrival or departure after or before the program times of the training is not accepted. The training is a whole, start and closing are important parts of it and we cannot guarantee the quality of the training if you miss it.

* **Trainer of the Event Wise Training**

Stella Saratsi (Greece) and Veronica Michalova (Slovakia) will be the trainers in this training. Marco Vlaming (The Head Trainer of The International Synergy Group) An international team of 8-12 people will support them.

* **Participants contribution**

As Synergy Group we want to keep the expenses for participants as low as possible so everyone can participate. We realize that still for many individuals the travel costs and the participant’s fee can be a big investment. We invite you to be creative with it. More specifically, there is all kind of cheap ways to travel, if you spend some time to look for it or ask someone to support you in it.

Sharing with people that you are looking for cheap way of travelling to Holland is mostly very effective. Also asking and sharing about the participant fee is a very effective way of getting support. If you think this training is for you, do not let the money be an obstacle to give yourself this experience.

* This training is financially supported by the Olde Vechte Organization
* There is a participant’s fee of 240€. For students and persons without a paid job there is a 35% discount on the participant’s fee.
* Participant’s fee for people living in the Netherlands, Germany, Belgium and France is 375€. For students and persons without a paid job there is a 35% discount on the participant’s fee.
* Participants take care of their own travel expenses.
* Hosting, catering and training expenses are covered by the Olde Vechte Organization.
* **Dates**

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| **Arrival days** | **20th of November from 13.00 until** **21th of November until 12:00**  |
| **Start of the program**  | **21 November** at **13:30**  |
| **End of the program**  | **27th of November** **22:00**  |
| **Departure day**  | **28th of November before 11.00(am)**  |

In total, there are 7 working days.

**If you want to arrive earlier or leave later and you need accommodation, contact us before the training, so that we help you to find a place to stay**.

* **Accommodation**

During the training you will be hosted in the Group accommodation of the Olde Vechte Foundation. During your stay, we ask you, as participants, to support us in some light household duties. In this way, we are able to keep the participant’s fee as low as possible.

In the house there is **wireless Internet connection** and a **washing machine** available. The accommodation is near the city of Ommen and 500 meters distance from its shopping Centre. More information about how to get there and what to bring with you we will send you after your application form is approved.

**Address of the Guesthouse:**

**Zeesserweg 12**

**7731 BG, Ommen**

**The Netherlands**

**Contact details:**

**Phone: 0031 529 451963,**

**E-mail: oldevechte@hotmail.com**

**Website (Olde Vechte Foundation):** [**www.oldevechte.nl**](http://www.oldevechte.nl/)

**Website (International Synergy Group):** [**www.s-gr.com**](http://www.s-gr.com)

**Application Form – Event Wise training**

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| --- |
| **“EVENT WISE”****Basic Synergy training****21th until 27th of November 2011****Filled application send to** **oldevechte@hotmail.com****Deadline for applying: -** **Answer the questions below Fill in the answer in this column** |
| Country: |  |
| First name: |  |
| Last name: |  |
| Name you want to be called in the training: |  |
| Address: |  |
| Zip code: |  |
| City: |  |
| Date of Birth: |  |
| Sex:  |  |
| **For people who need visa:**Passport number:Expiry date of Passport: |  |
| Phone number - Regular:Phone number - Mobile: |  |
| E-mail address: |  |
| Special Diet: |  |
| What is your present health condition? Detail health problems and their present state. Specify and describe any medication you take or have taken within the last 6 months |  |
| Contact person in case of emergencyFull name:Address:Phone numbers:Relationship to you: |  |
| Do you have a medical insurance valid in the Netherlands: |  |
| How did you know about this training: |  |
| Level of English (bad, medium, good, excellent): |  |
| Our training is given in simple English.If you need translation from English please write here into which language: |  |
| Occupation or profession: |  |
| What do you want to learn in this training concerning your personal development? |  |
| What social skills do you want improve during this training? |  |
| In which areas of your life do you want to use what you want to learn during this training? |  |
| Other remarks or questions: |  |

**Background information on the Synergy trainings**

At the heart of life is a creative energy that flows through each of us when we are at our best.

Synergy trainings teach practical tools and skills that help you connect with your best self whenever you choose and grasp more of the creative possibilities in every life situation.

Use them to create partnerships that are more connecting, work that is more fulfilling, and a life in which you become more of who you are, each day of your life.

Whatever our goals, the key to success in life is the way we live it. We may not have a choice about exactly how things happen. But we do have a choice about the way we respond to what happens.

Synergy trainings teach practices that help you connect with your creative response to each moment, just as it happens. Life becomes an adventure in which nothing is finally fixed or determined. And you feel a new sense of freedom to find your own way through it.

**The Training**

Life constantly surprises us, requiring us to respond in new ways everyday. But our naturally creative response is limited by habitual patterns of behavior developed over time. The training shows you how to become aware of your unconscious inner dialogue and break through to a new and creative perspective whenever you choose.

**Creativity in Life**

Life is fundamentally creative, and so are we. Every day we make choices about our relationships, our projects, and our goals that impact our effectiveness and our sense of fulfillment. But the extent of our real creative potential is rarely glimpsed, because of automatic assumptions we carry with us throughout our lives.

**Life: The Inner Game**

You may be aware of part of your inner dialogue that offers a non-stop commentary on everything that happens and everything you do. You can hear it now, commenting on the words you are reading and on yourself as you read them. When you take time to listen, you will notice that what seem like trivial thoughts actually represent deep-seated convictions, which affect the way you act at every moment.

**Our Limiting Beliefs**

These unnoticed beliefs include judgments we hold against ourselves and others, demands and expectations about how everything should be, and grievances we may have lived with for years. This unconscious activity not only generates stress, it diverts us from realizing our most cherished aims. To win, stay in control, or do ‘the right thing’ we end up blaming one another, driving ourselves, manipulating people and events, striving to placate, and often just pretending to be happy.

**Passion for Life**

The Synergy trainings teach you how to challenge your guiding beliefs and break through into a new connection with yourself and with life. Like an athlete who works to coordinate mind and body to achieve outstanding results, you can learn to engage with your own inner process, and use your awareness to respond to your experience in a new way. This shift of perspective can be repeated again and again, revealing possibilities that may not have been encountered otherwise.

The Synergy training is an intensive training experience that can be a turning point in your life.

**How it works**

The Synergy trainings are made up of three kinds of activity: learning to use the tools and skills of the training, practicing them in the training and learning from experiences shared by your fellow participants. The training is designed to build over time, each step taking you forward to a deeper level of understanding. You have time to talk, time to reflect, time to share with others, and time to listen. Above all, you have time to learn from what happens.

**Methodology**

The theory of the training is based on the observation that when we are able to creatively choose our response to what is happening, we see life in a different way compared with our state of mind when we are stressed, driven, or struggling to get things under control. This way of being is more common than you might think: EEG measurements of brain patterns show we are typically in a driven state for most of our waking day. The main skill taught in the training is the ability to shift your state whenever you choose, and encounter the vision of life this gives rise to.

**Processes**

The first process of the training involves a set of agreements, which you use as disciplines throughout the training. Some of these are designed to help with practical matters like communicating during the training though all have value as a practice of personal discipline. The processes allow you to start noticing your unconscious habits of thinking, and develop your ability to align your everyday actions with your deeper purposes. Further processes show you how to bring forward your personal authority in a new way, clarify repetitive thoughts and assumptions, challenge limiting beliefs about yourself, and practice forgiveness toward yourself and others.

**Learning**

During the training you will have a chance to think thoughts and feel feelings you may not have felt for years, and an opportunity to explore your life experiences in a safe, non-judgmental and supportive atmosphere. You will explore new qualities in yourself, and may find new trust in others. You will learn ways to let go of old beliefs and old hurts that may have been bothering you for years. You will identify habitual ways of seeing that were formed in childhood, and learn to shift into a different way of being, based on your ability to objectively verify interpretations of any situation and connect with your most creative response at the time.

**Results**

Each of the processes of the training offers you the chance to experience this shift for yourself, and you will be able to recreate it again and again after the training is over, whenever you choose to put the tools into practice. The training is complete in itself and follow-up are there for those how want to use them. All the tools and skills you have learned are free to use.

**After the training**

If you choose to apply the practices of the training in your everyday life, you will soon start to see life itself in a different way. You will learn from events you may not even have noticed before. And you will see the truth of the idea that the things we try to avoid can often teach us what we most need to know.

**Learning over time**

In time you will start to experience a new quality of trust in life. You will find you can forgive yourself and others more easily, where before you might have held on to grief, anger or resentment for long periods. Your authenticity and your personal power will keep on growing, as will your ability to connect with others more deeply, and experience peace with yourself.

**Connect with life**

Eventually you will know instinctively when to connect yourself with life, instead of struggling to control it. You will become more open to those ‘chance’ opportunities that occur without rational explanation. You will find that your life gets bigger, both in terms of your own aspirations, the impact you have as a partner and a leader, and your vision of what is possible for the world.

Frequently Asked Questions:

What can the training do for me?

What are the tools of the training?

What is different about this training?

Who is behind the training?

What happens after the training?

Why take an intensive training?

How can I know if this is for me?

Is this for religious people?

How is the training funded?

Will I be safe in the group?

Can I afford the time?

**What can this training do for me?**

The training gives you the ability to access a new and creative perspective on things at any moment, no matter what is actually happening at the time. It also teaches you the skills to repeat this shift again and again in daily life, long after the training is over.

**What are the tools of the training?**

The training teaches you a series of process skills with specific applications, and each one gives you an opportunity to experience a shift of perspective on everyday life whenever it is used. They include the following:

Strengthening the will - an exercise of personal discipline in which you give your word to do (or not do) a variety of things during the training. Allow you to see the pattern of your unconscious thinking, and step through it to create what you really want.

Expanding your personal authority - a process that allows you to take a stand on your true 'yes' or your true 'no' at key moments in your life, without disconnecting from yourself or others.

Truth-telling; the process of verifying your interpretations of events and clarifying the truth of what is happening, as it happens.

Choosing - the practice of taking your stand on the way you personally want to be in your life, whatever the circumstances around you.

Challenging old beliefs - a biodynamic physical exercise that enables you to break free of limiting beliefs you may have been holding about yourself and life.

Practicing forgiveness - demonstrates why resentment affects us more than those we resent, and teaches you an effective way to let go of it.

Forgiving ourselves - a way to access accusations and demands you may be holding against yourself, and experience the freedom of letting them go.

**What is different about this training?**

The Synergy training teaches a unique set of tools and skills that help you access a creative vision that is beyond the everyday yet is grounded in everyday reality.

It is an interactive training that works simultaneously on intellectual, emotional, spiritual and physical levels, so you not only experience the tools but can continue to use them yourself over time after the training is over.

The training is non-doctrinal and does not teach a belief system. It is intended to help you see and understand guiding beliefs you already unconsciously hold, and either chooses to let these go, or stand more solidly for them as you truly wish to do.

**Who is behind the training?**

The trainings are created by the head trainer of the Synergy network and during the years developed with input from a few thousand participants. The head trainer to teach the skills and practices he had developed through his own work in counseling and training work. The result is a uniquely set of practical tools in a dynamic training that is working out of experience.

Each Synergy Trainer brings their own personal learning to the training, and because the work is interactive, the participants themselves also make a significant contribution to the experience of each group. The training is sponsored by a non-profit foundation Olde Vechte in the Netherlands, constituted for the public good. Many trainings are subsidized by European funds like Youth in Action and the council of Europe. Also privet funds and participants contribution are supporting the trainings.

**What happens after the training?**

There is 6 weeks follow-up procedure with small working groups after the training stops. There are possibilities to be assistants in other trainings, organizing training in your own countries or using the material from the training in own organizations. There is a Synergy Basic training, a next step training and training for trainers. These are programs that support those who want to become more skilled with the tools of the training. They are based on the same basic method of the Synergy group.

**Why take an intensive training?**

Each person who takes the training gets something different out of it and the training is designed to allow you to get this in your own way and at your own pace. The atmosphere is safe, supportive, intimate and often great fun. Participants frequently say that no one who has not yet done the training can imagine just how much they can get out of it. The skills you acquire can be used every day for the rest of your life.

**How can I know if this is for me?**

We all have something to learn from our experience of life, and this training helps to deepen and accelerate the process. You don’t have to lack anything to want to enhance the quality of your life. It is when we are learning and growing that we find ourselves most fully creative and alive.

**Is this for religious people?**

The Synergy trainings may help enhance your spiritual understanding of life but is designed to do so without being religious. People of many different faiths as well as people without particular faith consistently find its practices are congruent with their beliefs.

**How is the training funded?**

Training fees are subsidized by donations from sponsors. As a result this training costs less than any comparable business training, and most leading personal development trainings. No financial commitment is required other than the training fee, although participants are invited to contribute toward the sponsorship of future participants if they choose.

**Will I be safe in the group?**

This is a different way of being with others than most people have ever experienced. It can be a treat to discover just how sensitive and loving people really are. No one has to say anything at any time, and you only speak if and when you want to. Some people never speak themselves, but get a great deal out of their experience. In part this is because others often come up with the very thing you have been experiencing or need to hear about. Having a range of different kinds of experiences in the group helps verity the truth of what is being said. Having a range of different experiences also helps ground the process in the reality of our social lives. People often make very good friends on the Synergy trainings.

Remember it is OK to feel anxious. You can still benefit from the experience, including overcoming some of your fears.

**Can I afford the time?**

Most of us have lots to do which means we don't often spend time on our own self-development, even though it can greatly benefit those we relate to and care for.

There may always seem to be a better time to do it just around the corner. A good question to ask is: can you remember what you were doing this day, a year ago?

Time invested in the Synergy trainings can continue to pay dividends for years. Participants often describe it as the being most valuable time of their lives