

Executive Coaching & Business Leadership

Discovering Extraordinary Performance, in Business and Golf.

Mallorca · Spain · Spring 2006



Late summer panorama from the middle of Mallorca



Sunset on the 18th hole at Son Antem

This workshop offers powerful opportunities for change, in business and life. Coaching with ***Dynamic Resonance***[™] and applying ***The Zero Perspective***[™] provides tools for reflection and discovery in the peaceful rural atmosphere of the Mallorcan countryside. Participants learn by doing, experiencing personal and professional change management and playing golf, a game which effectively illustrates the power of letting go. Join Christer Söderberg on a journey to discover your hidden potential and the power of coaching.

Some of the insights we would like to share with you:

- The power of focus, and how you can apply it to business and life.
- The connection between harmony, creativity, and profitability.
- Empowering individuals and teams by focusing on trust, respect and cooperation.
- How increased awareness contributes to improved balance and focus on essentials.
- The power of letting go to realize sustainable results.

Coaching is about taking you and your team from where you are to where you want to be, in a structured and goal-oriented process that harnesses the hidden potential and built-in skills of the individual. Developing a ***Zero Perspective***[™] increases awareness of our role in business and society, improving our ability to react with balance and focus in challenging situations. Coaching with ***Dynamic Resonance***[™] helps you define your goals and focus your energies; creating time and space for the important things, in business and life.

The seven day workshop will feature:

- Roundtrip (economy) airfare Stockholm - Palma de Mallorca (land-only package also available).
- Seven nights in the exclusive Rural Inn Son Bernadinet www.son-bernadinet.com (first prize award of excellence in Rural Inns of Spain 1999).
- 7 buffet breakfasts, 3 lunches, and 7 dinners.
- Shared rent-a-car (max. 4 persons/car) for maximum mobility around the island.
- Three 18 hole rounds of golf on different island golf courses.
- Four half-day workshops on Coaching with *Dynamic Resonance*[™] and *The Zero Perspective*[™].
- One full-day coaching workshop hike in the western mountains of the island.
- One half-day visit to Palma, the island capital.
- One half-day visit to the farmers market in Sineu.
- Local taxes included, V.A.T. not included, where applicable.

About your instructors (*):



As an entrepreneur **Christer Söderberg** has confronted the multiple aspects and interdependency of international business. Christer started and managed a NGO coordinating humanitarian aid during the war in Bosnia, managed a telecom product design company based in Hong Kong and as Director of a Swedish multinational in Brazil, established the industrial products company in six South American countries.

Christer lived 100 meters from the front line during the siege of Sarajevo (and realized he was also the enemy). He has seen street urchins smile in the midst of poverty and experienced first hand differences in working conditions on four continents.

Increased awareness of individual potential applied to business plants seeds for longterm success. Christer's workshops help awaken new perspectives on cooperation and personal development, creating focus and balance to provide a strong base for individual and corporate growth. Christer shares his experiences as a coach, mentor and workshop leader.

Christer is trained according to International Coach Federation (ICF) accreditation standards and guidelines for a Certified Coach and as a member of ICF subscribes to operate within the ICF pledge of Ethics and Standards of Ethical Conduct.

Christer spent part of his youth on Mallorca and has been developing his relationship with the island since 1973, making him familiar with many of the islands lesser known sights and paths.

(* Additional coach/instructors will be named depending on final content, dates and venue of workshop.

Executive Coaching & Business Leadership – Daily Program:

Day 1 Saturday

16:00 - 17:00 Arrival on Mallorca, transfer to Son Bernadinet Rural Inn,
Presentation of participants, workshop leaders and program.
18:00 Welcome cocktail and dinner at SB.

Day 2 Sunday

08:00 - 10:00 Workshop I – Business ethics and **the Zero Perspective™**
10:00 - 10:20 Coffee & Tea Break
10:20 - 12:00 Workshop I - (cont.)
12:00 - 13:30 Lunch at Inn
14:00 - 19:00 Golf at Son Antem Old Course “Golfing the old way”
19:30 Dinner at Inn

Day 3 Monday

08:00 - 10:00 Workshop II - Basics of Coaching and **Dynamic Resonance™**
10:00 - 10:20 Coffee & Tea Break
10:20 - 12:00 Workshop II - (cont.)
12:00 - 13:30 Lunch at Inn
14:00 - 16:00 Workshop III – Coaching Individuals and Groups – Interactive Group Exercises
16:00 - 16.20 Coffee & Tea Break
16.20 - 18.00 Workshop III- (cont.)
19.00 Dinner at Inn

Day 4 Tuesday

09:00 - 13:30 Palma Visit (Lunch not included)
14:00 - 19:00 Golf at Son Termens “Golfing the new way”
19:30 Dinner at Inn

Day 5 Wednesday

09:00 - 12:00 Sineu village Market & local artist visit
12:30 - 14:00 (Lunch in Village independently)
14:00 - 16:00 Workshop IV – The Individual and Global Business – Open Forum
16:00 - 16.20 Coffee & Tea Break
16.20 - 18.00 Workshop IV - (cont.)
19.00 Dinner at Inn

Day 6 Thursday

08:00 - 18:00 All day workshop hike in the western mountains of the island (Picnic Lunch).
“Integrating and consolidating coaching skills.”
19.00 Dinner at Inn

Day 7 Friday

08:00 - 13:30 Golf and Lunch at Son Antem New Course
14:00 - 16:00 Workshop - Summary
16:00 - 16:20 Coffee & Tea Break
16:20 - 18:00 Final presentation with certificates and awards
19.00 Farewell dinner at Inn

Day 8 Saturday

All-day Departures

Executive Coaching & Business Leadership – Registration, Fees, & Conditions:

The seven day package including the above is offered to a limited number of participants in the following alternatives (price depending on number of participants and season):

- Son Bernadinet Rural Inn (with total of 11 rooms)
- Son Draguet: In addition to the above, there is also the possibility of sharing a house with three bedrooms and two baths, located 700 meters from Son Bernadinet (for 6 guests).

Please Note! The number of participants is limited; please send your application at your earliest convenience. Applications will be treated on a first come basis and are binding.

Payment: A 50% deposit must be received no later than 60 days prior to departure. The full remaining payment must be received no later than 30 days prior to departure. Please make payments to: Svenska Handelsbanken, Zero Aeons AB, A/C No. 6920 - 266 887 678, IBAN: SE82 6000 0000 0002 6688 7678, SWIFT: HANDSESS

Workshop Cancellation Policy & Liability: In the event of the workshop being cancelled by Zero Aeons AB, the entire registration fee will be refunded to the applicant, thereby releasing Zero Aeons AB and any of its representatives from any claims and/or liability whatsoever. All other cancellations are subject to an administrative fee equivalent to 25% of the total package. Should an applicant cancel within 2 weeks prior to the workshop a refund of 50% of the fee minus the administrative fee reduction will be made. Cancellations less than two weeks prior to departure will not receive any refund and be liable for the payment of the full fee. By registering the applicant agrees that Zero Aeons AB, Christer Söderberg, and/or representatives are not liable for any expenses, or compensation regardless of confirmation or cancellation of the workshop. A signed liability release form will be required from all participants releasing the organizers from any personal liability during the course of the workshop or resulting thereof.

Accommodations: Accommodations are at Son Bernadinet or Son Draguet as described above.

Food & Beverages: Included are all meals as specified in the above program.

Transportation: Workshop fee includes airfare as specified. Rental cars will be provided to be shared by four participants.

Additional activities: Palma visit, Sineu market visits are not included and will be charged separately if applicable.

Host: Christer Söderberg, Zero Aeons AB, Org. No. 556650 -1051, Box 98, SE- 182 11 Danderyd, Stockholm, Sweden.

T: + 46 (0)8 756 1088, F: + 46 (0)8 756 2088, E: coaching@zeroaeons.com, W: www.zeroaeons.com.

We reserve the right to possible changes and amendments without notice to this program.

Executive Coaching Business Leadership - Workshop in Mallorca, Spain; spring 2006

Registration/Application (Please send by mail or fax to highlighted address above)

Full Name: _____

Company: _____ Position (title): _____

Full Address: _____

Tel., fax, mobile (cell): _____

E-mail: _____ Website: _____

Special Requests: _____

Please register me for "Executive Coaching & Business Leadership" workshop to be held on Mallorca, Spain, spring 2006. by signing I agree to the conditions as specified above and understand that registrations will be handled on a first come basis and that participation is guaranteed only upon receipt of payments as detailed above.

Place, Date, Signature, & Name (in block letters)