



MONASTERY SEMINAR

INTEGRAL PERSONALITY DEVELOPMENT

by and with Christian **PARTNER**
and Jasmine **WAGNER**
or Valerie **TSCHIDA**
or Markus **WORTMANN**

STARTING POINT

Taking responsibility for yourself, a family, team, company, country, organisation or society in the long term means lifelong work on yourself.

“Look inside you! Inside you is a well that never runs dry if you only know how to dig...”

(Marcus Aurelius)

Only someone with a healthy, energetic personality has the long-term ability to ask the right questions, recognise constructive solutions, think far-sightedly, promote clear values and be a successful role model both economically and personally. Especially in an ever more rapidly changing environment with increasing complexity, the steadfastness of healthy leaders is becoming enormously important. This is only possible in the long term if leaders are honest with themselves. Crucial is the realisation that taking care of ourselves is the most important investment we can make – because we ourselves (body, mind, spirit) are ultimately the only instrument we have to meet life’s challenges and live our lives in a successful way. Responsibility for oneself

is considered an indispensable prerequisite for responsibility for others.

The first step is to examine yourself to understand how you became the person you are. Most people don’t seem to know that. It is helpful here to take a break from the influence of your everyday work routine for a few days in order to reflect physically, mentally and spiritually on your own life and management path (“past, current and future”). The goal is development work toward becoming an autonomous leader whose external impact is linked to lived values. The result is clarity as well as mental, physical and spiritual armour against challenging and sometimes even threatening life circumstances!

“Just as wood is the material of the carpenter, bronze that of the sculptor, so the material of the art of living is the life of each individual.”

(Epictetus)



GOALS & CONTENT

Recognising your own character structure and thereby better understanding the relevant skills.

Appreciating your own leadership path through resource-oriented biographical work in a retrospective (past-oriented) and anticipatory (future-oriented) way.

Consciously examining your own life story, i.e. reflecting on essential phases, encounters, rhythms, patterns and questions.

Constructively questioning, raising awareness of and developing values, beliefs, abilities, and behaviour.

Finding a harmonious rhythm between work and other areas of life.

Experiencing contact and rhythm with yourself and others through mindful body work.

Gaining clarity through constructive confrontation with questions in your own life.

Meeting people who have similar questions. Finding and inventing ways to implement the knowledge gained in everyday life.

Using often buried action and energy resources constructively.



PARTICIPANTS & WAY OF WORKING

The Monastery Seminar is aimed at people and executives who want to explore and discover “new” things, both known and unknown, about themselves off the beaten track.

The ideal group size is 8 people, in exceptional cases 10. We ensure a coherent composition of different ages, genders, companies, etc.

Our working methods are based on practice-tested knowledge from various schools. The programme is me-

thodically supported by body work, guided meditations, theatre work, image and visualisation work, analytical tests, exercises, stories, texts, individual work and reflection in rhythm with mutual support and group discussions, as well as by the conscious selection of the seminar location.

Based on the analysis of your character, you will gain insight into your own actions and behaviour and, under professional supervision, you will learn how this affects you and others.

EVENTS

23. – 26. January 2024	(German)
23. – 26. April 2024	(German)
22. – 25. October 2024	(English & German)
10. – 13. December 2024	(German)

LOCATION

Stift Schlägl in Aigen-Schlägl, Upper Austria

You will receive detailed information from us on your arrival when you register. A room will be booked for you for the duration of the seminar.



COST & BOOKING

For the four-day seminar and a one-day implementation workshop that will take place a few months after the seminar, both with Mr. Partner and Mrs. Tschida, Mrs Wagner or Mr. Wortmann, € 3,200 excl. VAT and plus room and board. Maximum of 10 participants. For

further information please contact us at any time!

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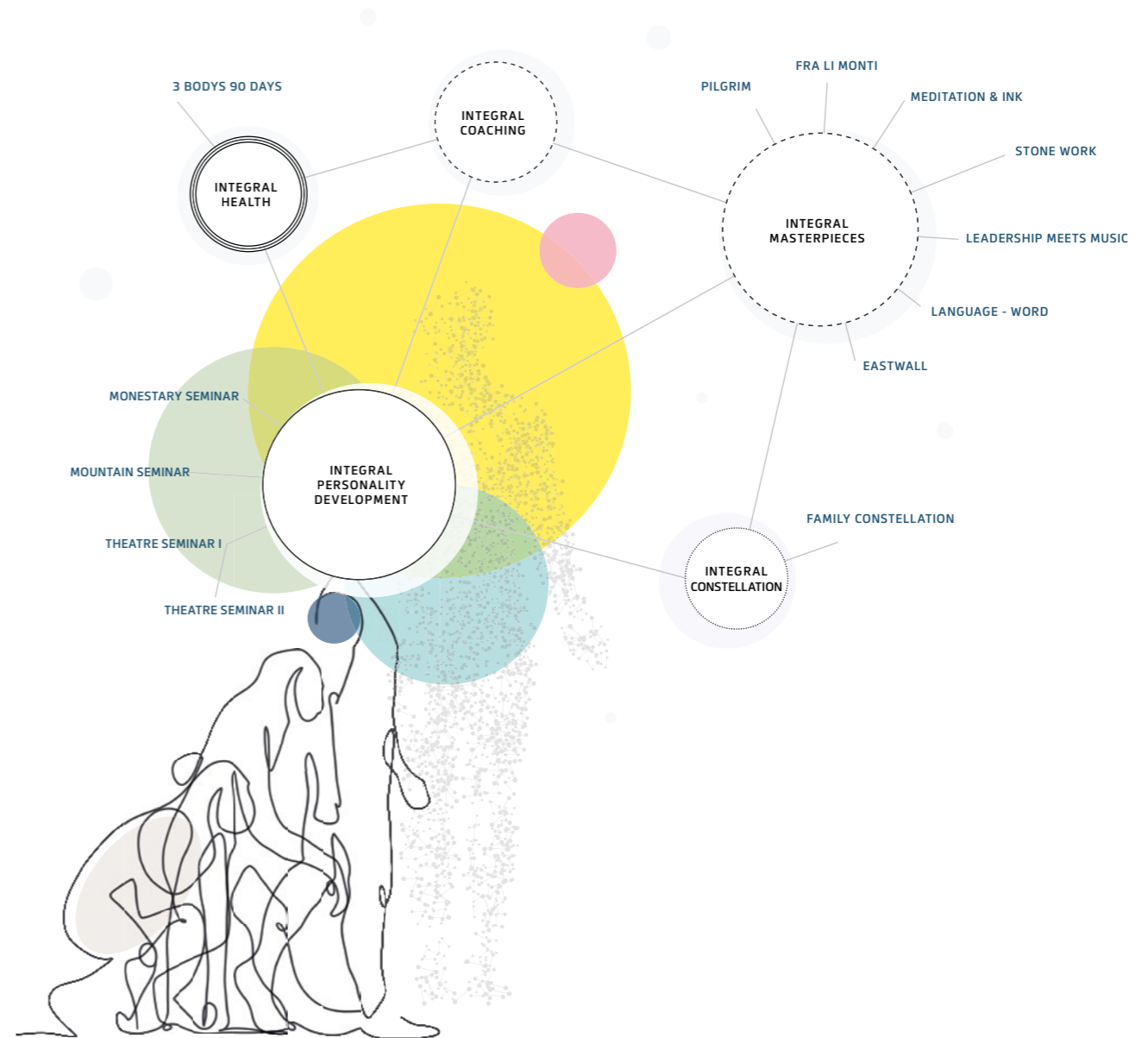
Participation is at your own risk. The organiser would like to point out that physical activities may carry some risks. The participant undertakes to take part in the safety introduction that takes place before the start of the event, to follow it carefully and to observe the instructions. The participant assures that there are no health concerns precluding their participation in the seminar. The organiser and their vicari-

ous agents are liable in cases of intent and gross negligence according to the statutory provisions. In the event of slight negligence, the organiser and their vicarious agents are only liable for injury to life, limb or health, or for breach of essential contractual obligations. The amount of damages for the slightly negligent breach of essential contractual obligations is limited to the foreseeable damage that is typical for the contract.

INTEGRAL SCHOOL OF THE ART OF LIFE

Over 25 years of practical learning and work with a few thousand people, a few hundred groups and companies from over 40 countries around the world have gone into this brand. The results are lastingly impressive and is something we are proud of and grateful for. A successful life includes the willingness, the ability and the will to clearly perceive, process and reflect on the world around us, to have new experiences and to respond to the challeng-

es of life. We do not feel committed to any particular scientific discipline, but combine the very best of different schools (economics, psychology, sociology, philosophy, art, music, sculpture, spirituality, alpinism, nutritional science, meditation, natural sciences, etc.) to form an integral understanding of learning, development and transformation in experiential spaces that we have developed over the years.



CHRISTIAN PARTNER

Apprenticeship, completed 2 hotel management schools, studied social and economic sciences, several years of management work, several years of work in an international management consultancy, entrepreneur, 2-year training in systemic organisational development, 4-year training in systemic family therapy and constellation work. Advisor, companion, coach and supervisor for people, groups and organisations in the for-profit and non-profit sector.



“The 18th century Scottish poet Edward Young’s saying is the central leitmotif in my work with people: ‘Every man is born an original, but most die a copy’. Unfortunately, a wide variety of influences and conditions turn many people into copies. My work is about making the original visible again, ‘drawing it out’ in all its beauty and vitality. I succeed in doing this with simple and appropriate tools from a wide variety of fields (therapy, art, business, music, biology, medicine, etc.) and with over 25 years of experience, combined with great clarity. I am always amazed and moved by the wealth of possibilities people have at their disposal.”

VALERIE TSCHIDA

Born in 1987 on the A2 highway near Graz. Graduated from the HTBLA Ortwein school in 2006, specializing in sculpture. Then worked for two years in animal-assisted therapy and education. 2012 graduation in art history at the Karl-Franzens-University Graz. 2013-2018 working as a stage painter at Art & Event Theaterservice Graz. Ongoing education in psychology (including Ken Wilber), quantum physics, shadow work (Carl Gustav Jung) and work with the inner child. 2019 Foundation of the gallery upTown Art - ongoing cooperation with over 130 artists in group exhibitions and art projects. Freelance artist, event painter and commissioned painter since 2019.



„I see art as an effective form of expression that communicates directly with people’s subconscious. With the artistic expression of my perception, I want to support people in their development and offer them a projection surface for unconscious issues. As a mediator, it is important to me to reconnect people with themselves - with their true self and the unique potential that is inherent in each of us and often lies dormant under a blanket of conditioning and fear. With trust, courage and inspiration, it is possible to reinvent yourself again and again in order to become the person you have always been deep down.“

JASMINE WAGNER

Born in 1974 in Wagna/Styria, graduated in 1993 from HTL for visual design in the field of audiovisual media (photography, film), then studied classical archaeology, art history, prehistory and early history (field of medieval archaeology) in Graz and Vienna, Diploma 2000, Rigorosum 2008. Worked until 2015 in archaeological research and field archaeology for the Austrian Archaeological Institute, the Universities of Graz and Innsbruck, the Federal Monuments Office in Vienna, the Austrian Academy of Sciences (IMAREAL) and the Salzburg Museum.



Studied archetype work based on CG Jung, cathartymic imaginative psychotherapy, transpersonal psychology (holotropic breathing), then contact with integral content through seminars by Ken Wilber. Since 2015, networking of artistic activities with therapists and development of "creative archetype training".

"Ancient Greece was aware of the profoundly cathartic effects of art. Reawakening this awareness, creating deep spaces of knowledge through art and creativity, which make it possible to experience the deepest core of one's being and a connection to oneself, means learning to understand a healing space of becoming whole that is available to everyone at any time. In my work, I see myself as an intuitional archaeologist who uncovers intuition through art, while sometimes using archaeological skills."

MARKUS WORTMANN

Born in 1962, apprenticeship as a carpenter, business school, studied visual communication at the University of Applied Sciences in Bielefeld. Main emphasis: painting and illustration. Degree: Graphic design. Since 1991, freelance work in the fields of graphic design, painting and illustration, individual and group exhibitions as well as campaigns, performances and events in Germany and abroad, Japanese ink painting. Founded "touch of art" in 2000:

- » The professional use of artistic media as a targeted intervention in counselling contexts.
- » VISUAL Tools - visualisation training for people in the areas of educational work, consulting, training, coaching, personnel development, leadership and management.
- » Energy work, sword training and meditation as part of training, workshops and coaching.



"For me, these two triads are the foundation for making people effective in their private and professional life. Curiosity, mindfulness, awareness and love are the keys to the constant development of people - I am grateful for every second I can be a part of people shaping their PATH and developing their CALLING."

*Thinking, feeling and acting - a PATH.
Knowing, acting and sharing - a CALLING.*



MOUNTAIN SEMINAR



THEATRE SEMINAR II



THEATRE SEMINAR I



MONASTERY SEMINAR

INTEGRAL PERSONALITY DEVELOPMENT

Fascinating developments can be triggered in people when they can connect and communicate different viewpoints in an appreciative and clear manner in a safe space.

In our work over the last 25 years we have learned to network different knowledge and individual skills productively and mindfully for our participants. This has given rise over the years to a unique and fascinating way of working to develop people's personalities. The feedback from our participants and clients regarding their work in our unique "MONASTERY", "MOUNTAIN" AND "THEATRE" EXPERIENTIAL SPACES is impressive, moving and beautiful.

**We very much look forward
to working with you!**