

Creating Inner Connection Retreat

A deep dive into your own leadership and potential

About the retreat

This retreat invites an inner journey. The program is designed to help you discover your true potential, face obstacles, and move toward the life you want to create.

We offer a safe, inviting and inspiring space to break through old patterns, master self-defeating tendencies, and shape new realities. When you align with your truest self, transformation happens; often beyond imagination.

Are you ready to take responsibility for the past, owning the present, and committing to the future you desire?

Over two days, you will:

- Connect to your intuition
- Experiment in new ways of being and doing
- Address obstacles and repeating patterns
- Heal and complete past experiences
- Ritualise positive change and prepare for transition

Participants leave with:

- A renewed sense of clarity and direction
- Practical strategies for lasting change
- A deeper trust in their own leadership potential

For you?

You are ready, willing and able to take a transformational step and are willing to break through old patterns and behaviors

You want to connect to your intuition, essence and creativity in a safe setting with a group of like minded people

The retreat is open to people who are new to process work and to people who want to continue their process work, e.g. as a coach, facilitator, or trainer.



Your guides

The retreat is led by Caroline Wamsteker and Gabrielle Sepers, supported by a team of experienced facilitators.

They create a safe and courageous space for self-discovery, honesty, joy, and truth.

Format

- Individual intake
- 2 day retreat (Fri 9:00-Sat 18:00)
- Individual coaching session
- Integration evening

Investment: €2.750
(excl. VAT & incl. overnight stay)

Dates retreat

- Fri 14 & Sat 15 November 2025
- Fri 6 & Sat 7 March 2026
- Fri 5 & Sat 6 June 2026

Location: in nature, near Utrecht

Group size: between 10-18