

## WHAT

### Introductory Intuition Workshop

In person or online participation

# INTUITION, A POWERFUL RESOURCE ACCESSIBLE TO EVERYONE

Have you ever found yourself regretting “I should have followed my intuition ! » ?

We often omit to connect to our little inner voice which can guide us towards the right professional and personal decisions for us. Our current world tends to favor rational mindset: Cartesian thoughts are reassuring and easier to explain than intuitive thoughts. And yet !

The Intuitive mindset is complementary to the rational one, and turns out to be an outstanding resource when used correctly. Indeed, prestigious schools like HARVARD and INSEAD consider intuition as one of the key business skills of the future.

Intuition is a tremendous ability that we all have to capture relevant and exclusive information without going through reflection. It requires, like a muscle does, specific training and tools to be more consciously accessible in our daily lives.



**Charlotte Frederiksen** is a professional coach and intuition development trainer at Co-incidence, that she founded after working for over fifteen years in communications for international companies. In 2015, she wrote a dissertation for HEC Paris entitled «How to combine rational and intuitive mindsets». Charlotte supports all those who wish to develop their intuitive capacities, through individual coaching or collective training within companies (Roche, Novartis, Lonza ...) and professional associations. She also organizes workshops open to all, with a limited number of participants, where theoretical presentation and practical exercises form a detailed introduction to the fascinating field of intuition.

\* Registration and payment (full amount) to be done before the workshop, by online transfer indicated during registration. No refund possible. The price includes all documentation and coordination costs, site rental and the snacks and beverages offered at the end of the training.

# A UNIQUE AND INNOVATIVE WORKSHOP TO CONNECT WITH YOUR INTUITION

During an initial two-hour workshop, you will learn about the intuitive process. You will understand how to connect more to your own intuition and how to use it more consciously and effectively in your professional and personal life.

You will leave the workshop with practical tools and advice that will help you stimulate and use your intuition in all aspects of your life.

Following the introductory workshop, deepening sessions can then be tailor-made to suit specific customer needs.



You can have an overview of the training <http://co-incidence.ch/en/intuition-workshops/>

## 1. UNDERSTAND

What is intuition? How to distinguish between rational reasoning and intuition ?

You will learn what intuition is and how to become more aware of it.

## 2. CONNECT

How does your own intuitive process work? How to connect to your intuition and learn to trust it ?

You will better understand under what circumstances your intuition appears and will be better able to choose to follow it or not.

## 3. A DAILY TOOL

On what occasion can we rely on intuition? How can you use intuition more effectively in your professional life ?

You will find that intuition is an effective resource for decision making, problem solving and communication for instance.

## WHAT PEOPLE SAY ABOUT THE WORKSHOP

«This workshop allowed me to open to a completely new and complementary way of working and making decision. Since then, I let intuition come to me and I give it more weight. Charlotte's workshop is engaging, fun and interactive.»

« Loved it! The workshop is very well organized. Intuition is now more rational. I will train mine more consciously. I now understand why intuition is the business skill of the future !»

« A very inspiring and stimulating introduction to intuition that really whet my appetite. I can see lots of relevance in the corporate world.»

« Excellent training and full of energy. Well done to cover so many points in two hours, while keeping the training interactive and interesting.»

« I learned a lot about my own intuitive process. The workshop provided me a way clearer view on what intuition is, how it works and what its benefits are. Charlotte clearly has a talent for creating a trustful and safe environment. I highly recommend this workshop.»