


The Power of Authentic Self-Expression

PROGRAM

 the hummingbird upre.at





The hummingbird uptre.at - The Power of Authentic Self-Expression on October 4-6, 2024



the hummingbird uptre.at,
October 4-6, 2024.

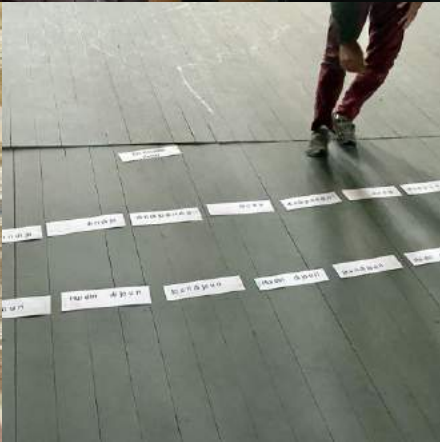
Location:

Innviertler Versailles, Schloßstraße 1,
4971 Aurolzmünster, Austria.

For any questions:

connect@uptre.at

You can park directly at the castle.



The hummingbird uptre.at 2023 sets me up to integrate rest and work. The two days in Auroldmünster in October left me inspired, encouraged to be myself at work and to find my own leadership style to empower my team. We now go through a massive transition, and I have the capacity and power from within to be there for my team, give them clarity - I'm the best version of myself now at work, although every day brings surprises and changes.



Leader in the fast paced service industry,
finding her rhythm of rest & fly

As I sit down to share my reflections, I'm reminded of the power of rest, connection, and mindfulness, that happened during the uptre.at. Before arriving, I was filled with curiosity. Who would I meet? What insights awaited? With an open mind, I stepped into the retreat space, ready to absorb whatever the universe had in store. The retreat wasn't just about workshops and sessions; it was about people. Like-minded souls from diverse backgrounds shared their dreams, fears, and aspirations. To the organizers, thank you for guiding us with mindfulness, creativity and care. To my fellow retreaters, you've left footprints on my heart. Let's continue this journey together, weaving threads of growth and understanding.



Executive Leader,
redefining the next chapter in her career

After two intense weeks of work, I craved time for myself. As Saturday turned into Sunday, something magical happened. The world seemed to pause just for us. Amidst the chaos of life, I found myself grounded, rested, and harmonized at the core. The retreat cocooned us, allowing us to recharge in ways we didn't know we needed. The retreat's impact for me? Laughter Yoga was a powerful and fun practice and I have even integrated it into my own coaching tool box. As I returned home, I was about to move to another city. The essence of the hummingbird uptre.at inspired me to give myself 3 months transitioning into this new chapter. Without having experienced the uptre.at, I would have again rushed and pushed through. This time I experienced it with all gratitude and power.



Global executive coach,
Experiencing a big move with a clear personal strategy, gratitude and conscious reflection

Focus	Friday, 04.10.2024, 15:00 - 21:00		Curator
	15:00 - 15:15	Welcome and Arrival	Gertraud & Sin-Wei
BEING	15:15 - 15:30	True Perception Practice	Sin-Wei
BEING	15:30 - 17:30	the hummingbird uptre.at concept: Cultures & Stories	Gertraud & Sin-Wei
	17:30 - 17:45	Break	All
MOVING & DECIDING	17:45 - 18:30	Secret Sunset Yoga Session	Katja
	19:00 - 21:00	Dinner and Fire	All



Focus	Saturday, 05.10.2024, 08:30 - 21:00		Curator
	07:30	Individual breakfast served to your apartment at the doorsteps	You & Yourself
MOVING	08:30 - 09:15	Leading and Following through your body's intelligence - Part 1	Sin-Wei
LEADING	09:30 - 10:15	Deep Dive Leadership Session 1: Your Personal Strategic Leadership Break	Gertraud
	10:15 - 10:30	Break	All
LEADING	10:30 - 11:45	Deep Dive Leadership Session 2: Your Authentic Leadership Strategy	Gertraud
	11:45 - 13:25	Lunch	All
WRITING	13:30 - 15:30	Creative Writing Techniques	Stefanie
	15:30 - 15:55	Break	All
MOVING & DECIDING	16:00 - 18:30	Surprise Session - Authentic Movements meets Martial Arts	Sin-Wei & Surprise Trainer
	18:30 - 18:55	Break	All
	19:00 - 21:00	Dinner & Fire	All



Focus	Sunday, 06.10.2024, 08:30 - 12:30		Curator
	07:30	Individual breakfast served to your apartment at the doorsteps	You & Yourself
BEING	08:30 - 09:30	Secret Sunrise Yoga Session	Katja
WRITING	09:30 - 10:00	Your Personal Reflection Time	You & Yourself
MOVING & DECIDING	10:00 - 11:00	Moving into your Authentic Self-Expression - with Rhythms	Sin-Wei
	11:00 - 11:15	Break	All
LEADING	11:15 - 12:15	Practical Leadership Take-Aways	Gertraud
	12:30	Light Lunch	



Gertraud Eregger & Sin-Wei Tan

Sin-Wei Tan builds diverse and inclusive communities in all areas in her life: at work bridging strategy, communications and connecting global stakeholders. In her own intercultural consultancy Tan Consulting – connecting cultures and business opportunities and in her private life connecting the most inspiring and impactful people from all corners of the world. Sin-Wei is enthusiastic about creative processes. With openness, her feisty style, and a large portion of empathy, she places importance on setting accents in the trainings and sessions.

 tan.consulting

 linkedin.com/in/sinweitan

Gertraud Eregger stands for creating community and opening up stories & hearts. Creating vulnerable spaces, pouring into her experience as recruiter, entrepreneur, mother and global nomad calling Austria, Ethiopia and Jamaica her home. When life and work gets too messy, my daily 5 min mantra at the open window, a bike ride, the ocean (or just its sound) and fresh mountain air, sitting and chatting with friends having all the time on the planet and a passionfruit cider get me in my magic again. She's an executive coach & founder of create your move.

 gertrauderegger.com

 linkedin.com/in/gertraud-eregger-85a76046

Katja Otter

Katja will ignite the spark of joy for movement to music, to be in touch with your inner child and to feel connected to your own heart. You will listen to music, poetry and Katja's instructions through headsets. Founder of Yoga Younited, international Hatha Yoga Teacher & Key Account Manager for Expats at Austrian Business Agency.

yoga-younited.com

**Stefanie Brodmann**

Stefanie's session will evolve around powerful writing themes designed to activate and link your brain, heart, and intuition. Stefanie is a senior economist, a writing coach, and author. She helps individuals move from overwhelm and exhaustion to reclaiming their inner strength through creative writing and storytelling.

thewritingflow.com

Dominic

Dominic is a certified instructor and international teacher, association founder, writer, and researcher of practical spirituality. "Fear is not a solution, but if we learn how to use it, it becomes an ally". Be prepared for radical movement, mind-bending action, and Ratan Wood!

daoconcepts.at



What to bring?

- Wind jacket, if we sit outside
- Clothes that are comfortable to do yoga, to dance, to sit, to move...
- Please bring your yoga mat.
- Please bring your hummingbird folder and Level journal, which you will find in your room.

ARE YOU IN? - SAVE YOUR SPOT

write to connect@uptre.at