

# START TO BLOOM

Start to  BLOOM  is an **interactive workshop** of 90 minutes,


Where you discover:

- that your view determines your world and that you can choose your view
- how we can make life and discussions less emotional and more effective by using “facts” instead of “assumptions”.



Step by step you discover how you can Start to  BLOOM ...

It is a positive experience with colleagues, a team or a whole company.

The energy BOOST becomes sustainable if you use the 3 recommendations of the intention to  BLOOM  before you start a discussion or a meeting:

## INTENTION TO BLOOM



I adopt a constructive attitude



I explore many different points of view



I focus on what I can influence

What participants say:

*“A mindset to choose for happiness.”*

*“Working constructively towards your personal growth and your mindfulness.”*

*“You discover that it is your choice how you see events happening around you.”*

*“Becoming conscious of what you know unconsciously...”*

*“A fun introduction to more...”*

*“The beginning of self-consciousness”.*

*“See that you are more responsible.”*

*“Focus on the positive side.”*