



Second-WaVe

PRESENTS



SARDINIA EDITION

AN EXPERIENTIAL GUIDANCE TO MIDLIFE TRANSITIONS Programme*

DAY 1

- Arrival of participants
- Welcome
- First Individual Screening with Neuro Quantum Bio-Feedback (according to arrivals)
- Presentation of the programme
- Guided tour in Cagliari
- Dinner

DAY 2

- Wake-up and energizing activity
- First Individual Screening with Neuro Quantum Bio-Feedback
- Bike & Talk in Cagliari
- Release of Trimetrix EQ analysis by TTI Success Insight® (Behaviours, Motivator and Emotional Intelligence)
- Lunch
- Workshop 'Motivation and IKIGAI' with LEGO® Serious Play®
- Experience of wine tasting at a renowned vineyard
- Dinner

**The access to the programme
will be based on a selection.*

Limited spots available

DAY 3

- Wake-up and energizing activity
- Kayak excursion 'Sella del diavolo' (guided)
- Workshop 'Midlife Transitions' with LEGO® Serious Play®
- Lunch
- Futures Thinking in the transitions
- Stress management techniques and pattern interruption strategies
- Dinner in a typical restaurant

DAY 4

- Wake-up and energizing activity
- Open feedback and wise focus
- Community peer support
- Extraction of 'Individual's Guide Principles'
- Lunch
- Departure of participants

Initial
Expression
of Interest



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