

# About us

**Would you like to undertake a journey to overcome your personal midlife\* challenge?**

*\*Middle age is a variable concept covering, in an ever-changing world, a range from 30 to 60 years of age*



**Peppino Franco** is an economist, VET Trainer and Higher Education lecturer, European expert in career guidance, facilitator of educational processes. He is the coordinator of the Technical Scientific Committee at Asnor (Italian National Association of Career Guides), Facilitator of the LEGO® SERIOUS PLAY® methodology, TTI Success Insights® Certified professional analyst.



**Aniello Ertico** is a psychologist (ref. Order of the Psychologists of Basilicata), specialised in Neuropsychology, Clinical Sociology. He is the National Vice-President of the Association of Italian Sociologists. He is an expert in the use of personalised Neuro Quantum Bio-Feedback protocols.

## Contacts

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***AN EXPERIENTIAL  
GUIDANCE TO  
MIDLIFE  
TRANSITIONS***



## ..what if your crisis is a transition?

The *midlife crisis* stereotype can be defied by understanding that we are immersed in a **TRANSITION** that can be navigated, cultivated and addressed towards the fulfilment of individual's potential gained through increased awareness and better satisfaction.

The **purpose or meaning of life** is not a treasure to be found or a peak to be reached, but rather something deeper to be authentically **LIVED**, from which to draw **JOY** and generate **ENERGY** along the way.

## A holistic path for guidance in the transition

- An **immersive experience** in nature with other peers as part of a dynamic community
- **Psychological support** with Neuro Quantum Bio-Feedback
- **Transition guidance** towards personal IKIGAI with the use of the LEGO® SERIOUS PLAY® method
- Advanced TTI Success Insights® analysis of the **Personal Behaviors, Motivators** and **Emotional Intelligence** (with written report)
- Conscious search for the **deep meaning of life** with identification of the **guiding principles** to support the near future
- Personalised **neuro-physical-psychological screening** for the prevention and treatment of self-sabotage disorders
- **Learning to balance the three relevant dimensions** during the midlife transition:
  - o Deep meaning and life purpose
  - o Success and work
  - o Psychological and physical well-being

## Only the best for you

This immersive experience will **provide** you with the **TOOLS** to **initiate** your **personal journey** consisting in:

- **Navigating** in the troubled waters of **midlife transition**
- Developing the necessary **skills for emotional self-modulation** and reduction of psychosomatic disorders
- **Cultivating** the individual **profound meaning of life**
- **Seeking and managing the midlife wisdom** for a more conscious and happier future

