



DISCOVER

WRITE ON: RECONNECT WITH INSPIRATION

FOR LEADERS WHO WANT TO ENHANCE EMPATHY

We naturally feel a deeper connection with someone whom we regard as authentic. **THE WRITE ON JOURNEY** teaches how to use stories as a leadership tool, for real engagement and influence.

A JOURNEY OF SELF DISCOVERY:

These journeys focus on understanding who we are and understanding each other better. By connecting at a deeper level we are inspired by each other's courage and history and feel a powerful urge to support each other. We get to know each other better and we learn what our mutual needs are. We emerge more confident in ourselves, feeling empowered, with a greater respect and appreciation of each other and the wider individual journeys we are all embarked on.

PLOTTING THE JOURNEY:

01.

Take time to be present and look deeper within

02.

Establish new personal building-blocks for change

03.

Be more forgiving of yourself and back your ability to achieve greatness

04.

Find a deeper sense of purpose and potential within

05.

Become more authentic by allowing yourself to be more vulnerable

JOURNEY OUTCOME:

- An opportunity to place focus on personal well-being
- Learn how to find a better balance between work and personal life
- Gain greater personal focus
- Find new approaches for personal health and greater well-being
- Navigate new paths to greater performance through gentle mind work

Duration
1 Day

Timing
8:00 am - 5:00 pm

Venue
The Inspiration Centre, Durbanville, Cape Town

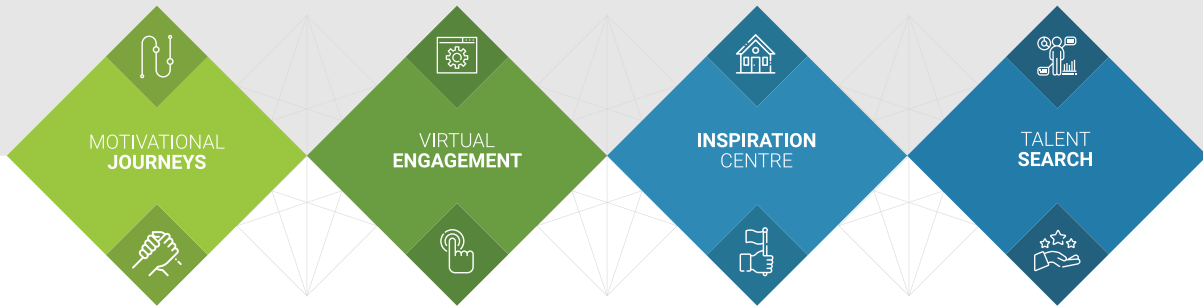
NURTURE

THE NURTURE DOMAIN FOCUS ON ENABLING WELLBEING

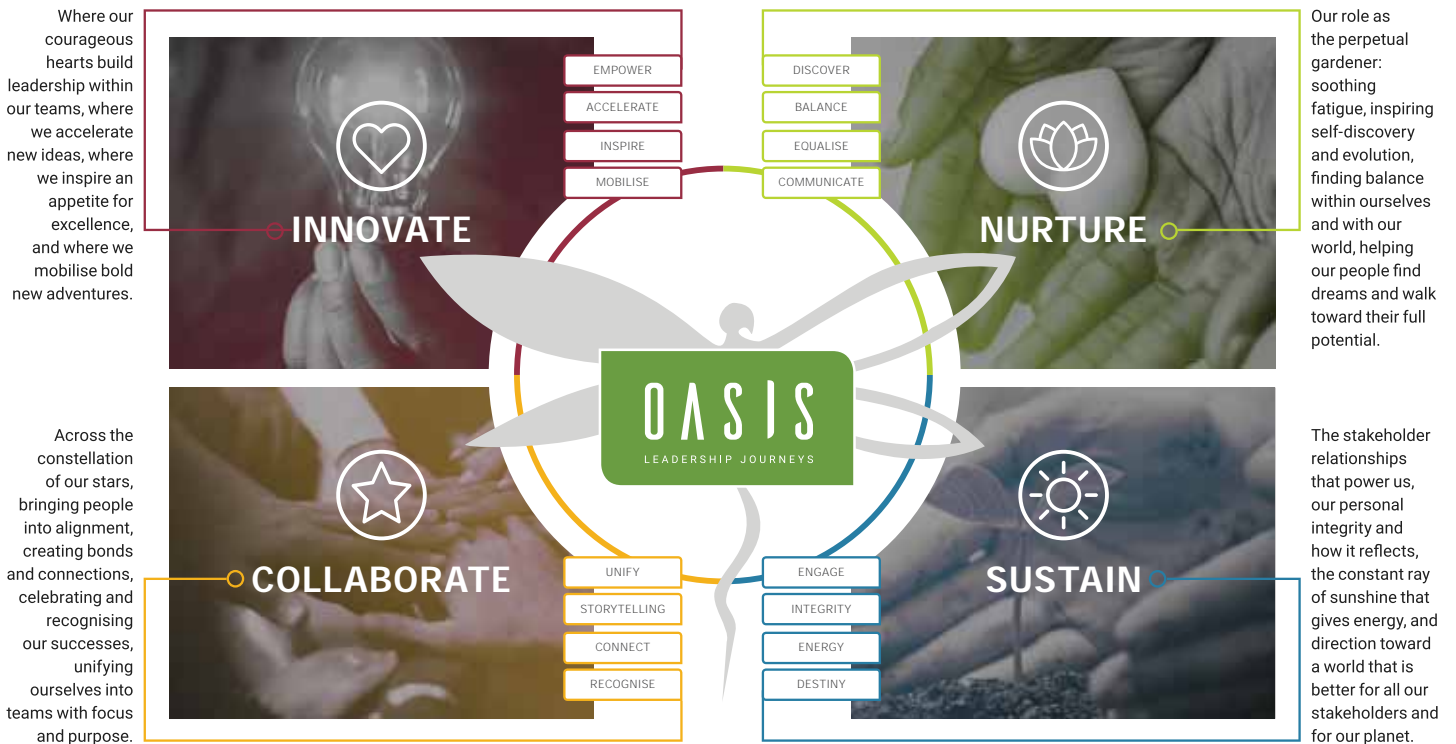
About Empanda

Helping Leaders to engage, enable and evolve tomorrow's world.

Journeys and experiences that help business leaders to lift motivation and build intention and purpose. We are artists of facilitation and storytelling, with a real world Inspiration Centre designed to welcome you, and a virtual platform to enable scalable, interactive connection with your wider world.



We have leveraged our decades of engagement, change and coaching experience to design a series of day long journeys that give a helping hand to leaders. These journeys give leaders 'wings', across four domains that have been crafted to support leadership excellence, team motivation and business performance.



We would love to welcome you, and support you in your mission. Our aim is to share our natural and special space, to hold a moment in time that is fresh, open and authentic: engendering a feeling of vitality. We want to make leadership an effortless, intentional and fluid experience. We ensure leaders and teams leave feeling energised, and imbued with practical and strategic insights. Come with your people to create and sustain the warm glow that comes from connection and open up beautiful, infinite possibilities. It is time to share dreams that motivate for a better future for all.

Join us for a journey.