



Threefold Method Retreat

Do you wish to give depth and meaning to your life?

This 3-day intense one-on-one session will get to the core of you: we go back to your basics.

We will walk, exercise, pitch our own tent, and we will talk without holding back.

Through deep, confronting and gentle work, focusing on 3 main interdependent areas

- Self-awareness, Resilience, Autonomy -

you will gain insights and tools required for the best version of you.

Krien Jozeph - In the past 20 years we have developed the Threefold Methodology within the Dutch healthcare system as well as through our private coaching practice.
For more information please visit our website: www.krienjozeph.com You can also contact us directly by sending an email: coaching@krienjozeph.com or call +31646892592