



Feel Good Institute

FEEL-GOOD PERSONAL  
TRANSFORMATION  
RETREAT

JOIN US TO CREATE A MORE MEANINGFUL  
LIFE!

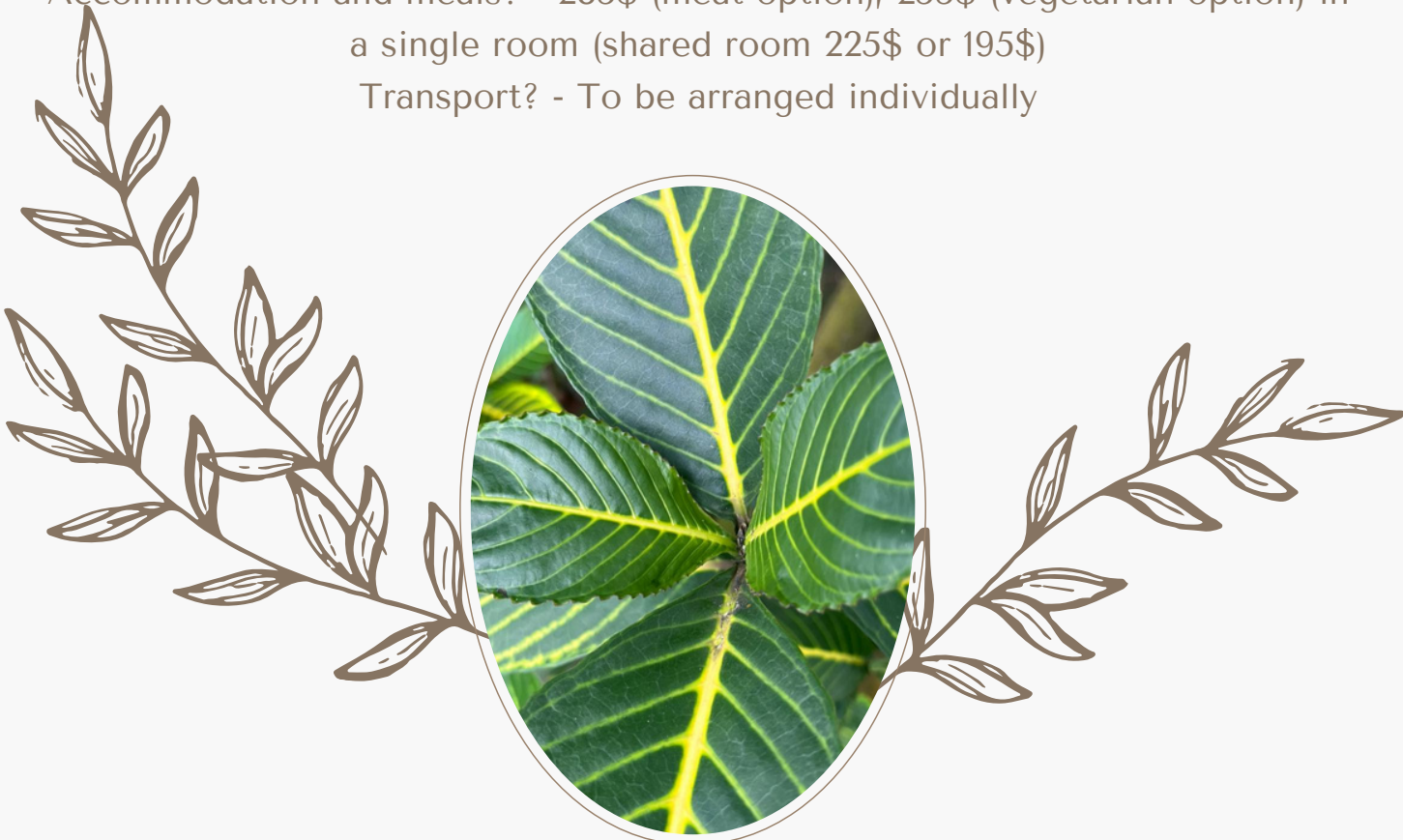
When? - 01. - 04. February 2023

Where? - Bushbaby Lodge, Mukono, Uganda

Course Fee? - 320\$

Accommodation and meals? - 285\$ (meat option), 255\$ (vegetarian option) in  
a single room (shared room 225\$ or 195\$)

Transport? - To be arranged individually





# WELCOME

Are you going through a personal transition?

Are you asking yourself what the purpose of your life is or could be?

Are you looking for a safe space to get answers to some very personal questions, such as who am I, why am I here and what is my potential/gift that I bring into this world?

We are creating a space for you to

Creatively reflect - regenerate - regroup - regroup and restart yourself

We are looking forward to working with you in an amazing natural environment without doors and limitations,

*Stefanie and Patrick*





# WHY THIS RETREAT?

In our hectic everyday life, we rarely have the opportunity to sit back or step back and reflect on what we are doing or who we are becoming. Does it feel right? Is that what I wanted from life? Is that really me?

With this retreat we offer participants the opportunity to reinvent themselves, to have the space to do a stock-taking of their lives and to ensure that it goes in the direction they truly want it to go. It is also an opportunity to reaffirm your most compelling values and test your new assumptions.

We believe that when a person feels good about themselves and about their lives, they are not only more positive and energetic, but they also influence the people around them - their partners, their children, their colleagues, their friends - and turn them into happier people, thus making the entire world a better place to be.

Be the change you want to see. You can never change someone else, you can only change yourself.



## HOW ARE WE DOING THIS?

- By combining reflective with active sessions
- By appealing to all five senses during the workshop
- By tying individual reflection to group and peer reflection
- By respecting and appreciating the individual for who they are in their very own unique way
- By creating a safe space where every question is welcome and every answer is right

Over two and a half days we will tackle issues such as:

- Your vision and how to reach it
- System check: every change that you want to make has to be carefully planned so that you sustain the good things about the old and are aware that the new can bear some potential challenges as well
- Ask yourselves the right questions: What is my normal? Is that really me? Is that really good for me? What is it that makes me really angry and how can I get energy from that? If I had another 24 hours to live, what would I do?
- Using the Walt Disney Method to try out your new ideas
- Open space: you can share whatever is important to you that others can learn or respond to
- Physical well-being: yoga, meditation, progressive muscle relaxation, or anything else that is being brought up by the participants



# STEFANIE POLLENDER



Stefanie strongly believes in life-long learning and growth. She sees every situation in her life as an opportunity for change and improvement. She has followed her calling to create meaningful learning spaces for adults and by providing platforms for people to feel good, she is putting her vision of a peaceful world in which everyone lives to their fullest potential into action.

As a seasoned trainer and facilitator, Stefanie holds a Master's degree in Psychology and Intercultural Relations, and has completed certificate courses in adult education, participatory learning methods, change management, and alternatives to violence. She has recently completed a one-year training course on coaching and mediation and has started her journey to help people mend their relationships with each other and ensure that they feel good.

Although Stefanie was born and raised in Germany, she has spent the majority of her adult life living and working abroad in the US, Lebanon, Rwanda, Zimbabwe (where she met Patrick), and Uganda.



# PATRICK MPEDZISI



Patrick is an experiential facilitator, trainer, and organizational development consultant who also uses indigenous knowledge systems to support personal and organizational change. He believes that people are born with the tools to navigate their world sustainably and when they are lost they have to return to nature. He also believes that as humans we can achieve more when we situate ourselves between our ancestors and our descendants.

Patrick is a lawyer by profession and brings together numerous skills from adult education, change management, systems practice, and human-centered design. He is a member of the Bosch Alumni Network, BMW Responsible Leaders Network, Global Diplomacy Lab, Global Leadership Academy, and Transformation Thinkers.

Even though Patrick was born in Zambia and raised in Zimbabwe, he has had the opportunity to travel widely and learn about different countries and cultures. He has worked in Kenya (6 years), South Africa (3 years) and traveled on assignments and professional engagements to over 18 African countries, 6 European countries, the Americas and South-East Asia as well as Australia.

