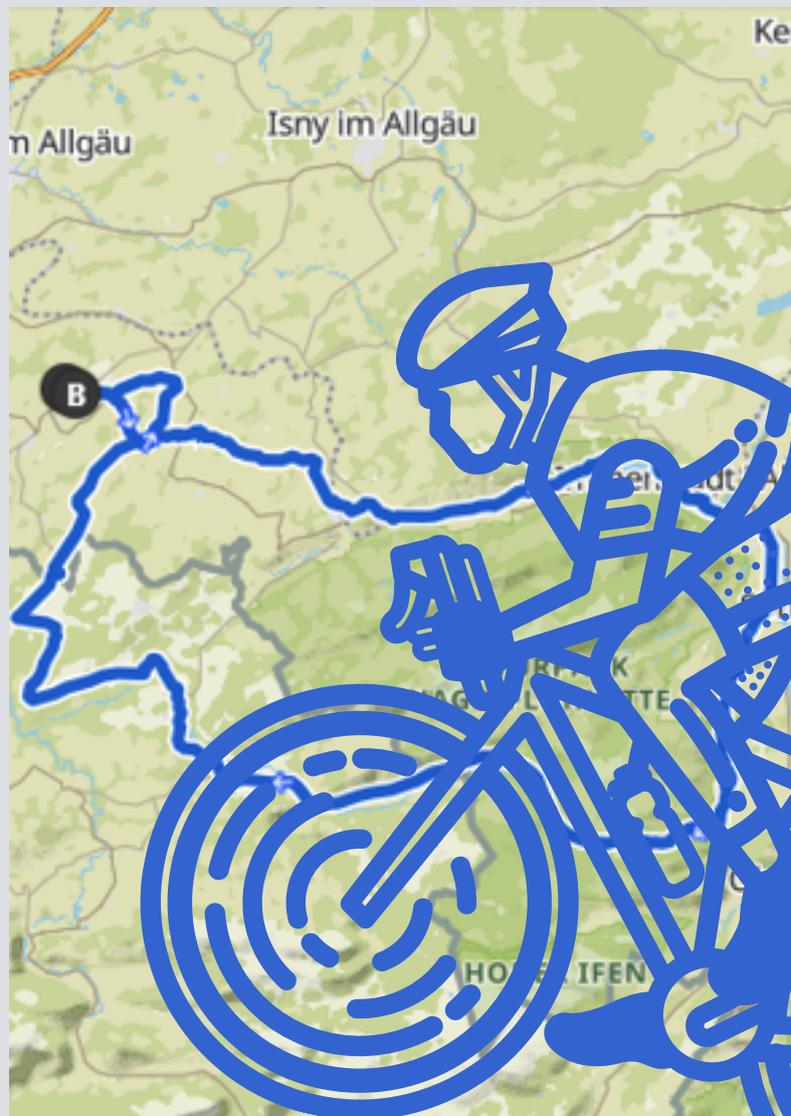


Road Bike Self-Awareness Coaching Camp

in the
German Alps

16 - 19

June 2022





You like to ride a road bike and want to reflect your life rhythm at the same time. Then the Road Bike Self-Awareness Coaching Camp is perfect for you.

4 days with the road bike in the German Alps. Space for "self-discovery" in the truest sense of the word. Movement for body and mind. You will gain clarity and perspective.

On moderately difficult and - by arrangement - also challenging guided stages, you step out of everyday life and into personal self-discovery.

In nature - exposed to the elements and the weather - we meet ourselves and each other. In inspiring places in the Allgäu Alps we let it roll, we use draft and slipstream, we push each other, we wait for each other.

And we take our time. For your tour and journey. Together we work on life and career issues, goals and values.

Everything else will be organized for you: Accommodation, route, program, coaching.

Your task: Arrive & experience.

Date: 16th - 19th June 2022

What you bring:

- Your road bike (ready for the climbs)
- Clothes for all weather conditions
- Physical fitness (see tour descriptions)

The coaching focus is:

- Feel my rhythm
- Reflecting on sources of motivation
- Discovering irritating behavior patterns
- Gain clarity and perspective

What does Coaching outside offer?

Quite simply: peace, energy, satisfaction and perspective

The stages: *(Changes are possible)*

- Day 1: Rolling in - around Lake Constance. Lindau - Meersburg with the ferry to Konstanz - Bregenz and back to Lindau (approx. 120 km, 450 m altitude)
- Day 2: The challenge - Großer Alpsee - Riedbergpass - (approx. 120 km, 1950 m altitude)
- Day 3: Germany's highest mountain village - Oberjoch - Isny (approx. 130 km, 1650 m altitude)
- Day 4: Beautiful finish - Scheidegg - Lindenberg - Eisenharz (60 km, 810 m altitude)

Accommodation: Hotel-Gasthof Zur Rose in Argenbühl-Eglofs.

Kosten: 730,- EUR (accommodation in double room. Single bedroom plus 35,- EUR/night). Not included: travel costs and other meals. Plus the local tourist tax for private travelers of 0,75 € per adult person and night.



Services:

- 3 nights with breakfast in a double room
- group coaching before and after the daily stages
- Small group reflection
- Individual coaching session (1 hour per participant)
- Energy bars & gels
- 1 cycling jersey

Maximum number of participants: 8 persons

Registration & further information: js@schuppener-global-transitions.com – Phone +49 81914017534



Your Coach: Jochen Schuppener

M.A. Intercultural Studies / System- and Team Coach (Dr. Migge) / Business Mediator (IHK).

"Since my childhood I have always been an outdoors person. The best thoughts and the most important insights come to me outdoors.

Afterwards I can make good decisions.

When I feel the rhythm of my pulse, when I reach my physical limits, I notice how my body speaks to me, my soul comments on it and my mind just listens for the time being. When I expose myself to this process, I gain clarity to shape my future.

As a coach I have been supporting people in transitions for many years. My clients work in more than 130 different countries."



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