



Awakened leadership journey

A journey within in five modules

We invite you on an inner journey to your essence, spread over five gatherings in eight months. A chance to unlock your true potential and shape your life from within. In a beautiful setting on the Utrechtse Heuvelrug. For those who want to enhance their ability to live, serve, and lead fully.

The **Awakened leadership journey** was created to support people in their process of awakening. Participating in this program is an excellent opportunity to give your presence a lasting and profound boost. It provides a solid foundation, especially when navigating (major) changes in life.

Over the course of eight months, you will:

- Discover who you are and what your purpose is
- Experience the power of being fully yourself
- Develop the ability to stay centred
- Learn to guide your life from within
- Unlock more of your potential

The only journey is the one within' ~ Rainer Maria Rilke

After an effective and practical coaching journey, I went on to follow the Awakened Leadership program. There I discovered that real, lasting change does not lie in practical solutions, but at a deeper level of awareness. Over eight months, through two-monthly sessions, I worked on new habits and insights that have permanently changed my outlook on life and my priorities. Since then, I live with noticeably more calm and balance in both body and mind. And for that I am deeply grateful. It feels good! ~ Rutger

An awakening world

The world is shifting. Nature is making itself heard, systems are under pressure, and nothing seems self-evident anymore. Many people ask themselves: How do I relate to all this? What does this mean for me? Uncertainty and confusion are everywhere. And yet, amidst all this unrest, we see a growing number of people finding their way. You might meet them anywhere – they are surprisingly ordinary. What they share is a sense of being truly themselves, with something fresh and vibrant about them. They follow their own inner compass while radiating a sense of calm and groundedness. When you meet them, connection is instant. For us, these are signs of awakening—a result of an expanding awareness that lifts the fog.



Our universal nature

This journey is an inner exploration. You (re)discover deeper layers of consciousness that have always been within you—a place of calm, clarity, and lightness. You may remember that vast, infinite space from your childhood, where everything felt in harmony. Here, haste, control, limiting beliefs, and thoughts lose their grip. You learn to reconnect consciously with your universal nature. As you go, your vision becomes clearer, your perspective expands, and your foundation deepens.



Our human nature

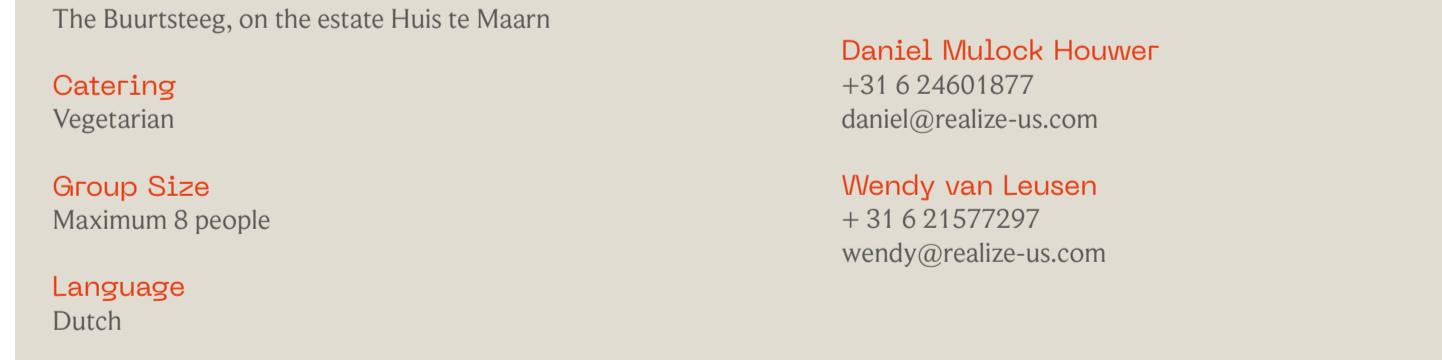
Turning inward also means meeting and embracing all parts of yourself. Everything within you wants to be seen and acknowledged. Your light—your inspiration, creativity, and uniqueness—flourishes when given attention and space. True transformation also requires facing your shadow. Insecurities, sadness, old wounds, hidden desires, and fears lose their power when you meet them with openness.

Sustainable change is only possible when you integrate both your light and your shadow. By looking at yourself with warmth and curiosity, you create more space. Your true colours can shine through in everything you do.



The path within

This inner journey brings you ever closer to your essence. Together, we create a safe space where this process can unfold. By slowing down and turning our curiosity inward, the fog gradually lifts, and we feel more at home within ourselves. This is what we mean by awakening. It becomes leadership when you consciously choose to take your place and live your purpose.



The Awakened Leadership Program was a deeply transformative experience for me—one that created lasting connection and impact. The group dynamic is a powerful cornerstone of the program. Through reflection, shared experiences, and mutual inspiration, a level of depth emerges that simply cannot be achieved in a one-on-one setting. This collective journey invites you to move beyond the mind and into the heart, strengthening trust in your intuition and inner guidance. Beautifully aligned with the rhythm of the seasons, the program unfolds in a way that feels natural, grounded, and deeply supported. ~ Sabrine

Awakened leadership Een reis naar binnen in vijf ontmoetingen



Module 1

Awakened Leadership

The turn inwards

October 1-2, 2026



Module 2

Your 'presence'

Develop your ability to be with what is

November 27, 2026



Module 3

Our foundation

Become aware of your true nature

January 29, 2027



Module 4

Living from within

Getting through with who you are

March 26, 2027



Module 5

Coinciding with life

Taking your place in line with your intention

May 21, 2027

The modules serve as anchor points. These moments spark insights that continue to grow and deepen over time. They are interactive exploration days where you gain direct and profound experiences. Systemic and process work help to uncover and free what lives within you. Between the modules, you will experiment with daily check-ins to deepen your process, supported by assignments. With buddy sessions you keep the momentum alive. Participants find the group experience powerful, offering recognition, inspiration, and a sense of connection.



About us

We are two experienced professionals with backgrounds in business and over 40 years of combined experience guiding people in their personal development. We are deeply committed to contributing to an awakening world—where people live authentically, in balance, and in harmony with life.

We have dedicated our lives to self-realization and supporting others on their path of awareness and transformation. As pioneers in consciousness development, we founded Realize Us, a small-scale practice offering immersions, leadership journeys, inner work, and transformational coaching. We bring a proven methodology and a deeply trusted partnership in awareness development.

Investment (excl. VAT)

€2,650 for private individuals and entrepreneurs

€3,200 for corporate participants

Registration

You can register [here](#).

Facilitated by:

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Everything at a glance

Dates and times

Module I October 1-2, 2026 17.00 - 17.00
(including overnight stay)

Module II November 27, 2026 10.00 - 17.00

Module III March 26, 2027 10.00 - 17.00

Module IV May 21, 2027 10.00 - 17.00

Module V October 1-2, 2026 17.00 - 17.00

Module VI November 27, 2026 10.00 - 17.00

Module VII March 26, 2027 10.00 - 17.00

Module VIII May 21, 2027 10.00 - 17.00

Module IX October 1-2, 2026 17.00 - 17.00

Module X November 27, 2026 10.00 - 17.00

Module XI March 26, 2027 10.00 - 17.00

Module XII May 21, 2027 10.00 - 17.00

Module XIII October 1-2, 2026 17.00 - 17.00

Module XIV November 27, 2026 10.00 - 17.00

Module XV March 26, 2027 10.00 - 17.00

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