

Thrive in Action programme

Programme planning 2024 / 2025

| Month | Session | Day | Date | Length | Time (CET) |
|-----------|--|-------|-------|---------|---------------|
| Sept 2024 | | | | | |
| | Foundation – Step in for October | Tue | 3/9 | 2 hrs | 15:30 – 17:30 |
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| Oct 2024 | Strengthen your intuitive intelligence | | | | |
| | Masterclass | Tue | 1/10 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 16/10 | 1 ½ hrs | 16:00 – 17:30 |
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| Nov 2024 | Step in to gratitude and Joy | | | | |
| | Masterclass | Tue | 5/11 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 20/11 | 1 ½ hrs | 16:00 – 17:30 |
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| Dec 2024 | Break | | | | |
| | Foundation – Step in for January | Tue | 10/12 | 2 hrs | 15:30 – 17:30 |
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| Jan 2025 | Acknowledge and accept; to partner with what is | | | | |
| | Masterclass | Tue | 7/1 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 22/1 | 1 ½ hrs | 16:00 – 17:30 |
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| Feb 2025 | Practice presence and stillness | | | | |
| | Masterclass | Tue | 4/2 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 19/2 | 1 ½ hrs | 16:00 – 17:30 |
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| Mar 2025 | Cultivate trust | | | | |
| | Masterclass | Tue | 11/3 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 26/3 | 1 ½ hrs | 16:00 – 17:30 |
| | Foundation – Step in for April | Tue | 20/3 | 2 hrs | 15:30 – 17:30 |
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| Apr 2025 | Dialogue with and listen to life | | | | |
| | Masterclass | Tue | 8/4 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 16/4 | 1 ½ hrs | 16:00 – 17:30 |
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| May 2025 | Release the potential in the drama | | | | |
| | Masterclass | Tue | 13/5 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 28/5 | 1 ½ hrs | 16:00 – 17:30 |
| | Foundation – Step in for June | Tue | 22/5 | 2 hrs | 15:30 – 17:30 |
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| June 2025 | Focus your thoughts and beliefs | | | | |
| | Masterclass | Thurs | 5/6 | 2 ½ hrs | 15:30 – 18:00 |

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| | Enrichment Session | Wed | 25/6 | 1 ½ hrs | 16:00 – 17:30 |
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| July 2025 | Engage with emotions, as powerful information | | | | |
| | Masterclass | Wed | 2/7 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 16/7 | 1 ½ hrs | 16:00 – 17:30 |
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| Aug 2025 | Break | | | | |
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| Sept 2025 | Partner with fear and develop courage | | | | |
| | Masterclass | Tue | 9/9 | 2 ½ hrs | 15:30 – 18:00 |
| | Enrichment Session | Wed | 24/9 | 1 ½ hrs | 16:00 – 17:30 |
| | Foundation – Step in for October | Tue | 25/9 | 2 hrs | 15:30 – 17:30 |