

Thrive in Action programme

Programme planning 2025

Month	Session	Day	Date	Length	Time (CET)
Dec 2024	Foundation – Step in for January	Tue	10/12	2 hrs	15:30 – 17:30
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
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
Mar 2025	Cultivate trust				
	Masterclass	Tue	11/3	2 ½ hrs	15:30 – 18:00
	Foundation – Step in for April	Thurs	20/3	2 hrs	15:30 – 17:30
	Enrichment Session	Wed	26/3	1 ½ hrs	16:00 – 17:30
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
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
June 2025	Focus your thoughts and beliefs				
	Masterclass	Thurs	5/6	2 ½ hrs	15:30 – 18:00
	Enrichment Session	Wed	25/6	1 ½ hrs	16:00 – 17:30
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
Aug 2025	Pauze				
Sept 2025	Partner with fear and develop courage				
	Foundation – Step in for September	Tue	2/9	2 hrs	15:30 – 17:30
	Masterclass	Tue	9/9	2 ½ hrs	15:30 – 18:00
	Enrichment Session	Wed	24/9	1 ½ hrs	16:00 – 17:30
Oct 2025	Strengthen your intuitive intelligence				
	Masterclass	Tue	7/10	2 ½ hrs	15:30 – 18:00
	Enrichment Session	Wed	29/10	1 ½ hrs	16:00 – 17:30

Nov 2025	Step in to gratitude and Joy				
	Masterclass	Tue	11/11	2 ½ hrs	15:30 – 18:00
	Enrichment Session	Wed	26/11	1 ½ hrs	16:00 – 17:30
Dec 2025	Break				
	Foundation – Step in for January	Thurs	11/12	2 hrs	15:30 – 17:30