



InPassion Corporate is the area of the InPassion project which is exclusively dedicated towards creating Human Development Programmes for Companies.

InPassion Coaching is a method which has been created by us and is based on the general concept of Personality Aspect Integration in order to improve overall communication, both within the individual and with others.

Our two current programmes are the *InPassion Un-Limited EDITIONS – Discover your Uncharted Territory Series* and the *InPassion Inspiring Series*.

In the first case (the Un-Limited EDITIONS Series), it comprises several programmes which can last anywhere from 3h30 to 3 days. This is an extremely flexible proposal which can be adapted to the company's present needs. We can also arrange catering and accommodation for these Events.

The second programme – the Inspiring Series – includes several half day events (3h30 to 4h), some which can be developed during one morning, afternoon or evening and others which take place during dinner. The timetables are flexible for any of these events. There is also a full day Event. For this Event we can include a light meal or not.

As with all our other programmes, these can be developed in Portuguese, English and Spanish.

InPassion INSPIRING Series

We have created a series of 2 types of half day events as well as a full day one which aim to inspire and motivate each individual to create something outstanding together with others, in harmony and with firm determination. Thus, each one is taken beyond their own limits and limitations into whole new perceptions of themselves. All of these activities stimulate self-confidence and self-esteem, as well as other essential human skills, such as:

- * self-respect and respect for others
- * cooperation, interaction and socialisation
- * negotiating and effective communication
- * acceptance and sharing
- * balance and stability
- * honesty and transparency
- * perception, consciousness and intuition
- * imagination and creativity
- * assertivity, firmness, effective personal, physical and human resource management
- * authenticity
- * non-competitiveness
- * simplicity, focus and concentration
- * task and time management

InPassion Factor

One of the **half-day events** lasts approximately 3h30 and the aim is to bring people's intrinsic wisdom to the surface through word, sound and movement. Each event has one theme only. The theme is chosen beforehand from the following four.

Themes:

- *Yes, I can!
- *The choice is yours!
- *I see you! Do you see me?
- *The Truth of YOU

Minimum and Maximum Number:

25 people minimum and 60 people maximum. We can create two activities with 60 people each, at the same time but in separate spaces. This enables up to 120 people to participate. For other numbers please contact us.

Challenge:

To create a song with rhythm, lyrics and movement that illustrates the theme, inspiring and motivating the spectators who will watch the final show.

How?

3 groups that rotate between the following 3 activities.

1 Creative Writing and Conscious Breath:

- + Playing with words: how to use them and combine them in a creative way.
- + Conscious Breath: focus, concentration; feeling in order to think with simply
- + Communication: clarity and simplicity

Aims:

- To improve the flow of communication, simplifying one's interaction with words.
- To clearly express what one feels.
- To activate creative expression through the spoken and written word.
- Cooperation for creation.
- Learning how to relax, focus and concentrate, in order to feel and then think.

2 Rhythm and Sound:

- + Using varied elements to create rhythm and sound
- + Creating instruments
- + Combining sounds and rhythms to form a song

Aims:

- To stimulate the sense of rhythm.
- To stimulate creative expression and communication through sound.
- To interact and create.
- To understand how to connect sound, rhythm and word in order to communicate effectively.

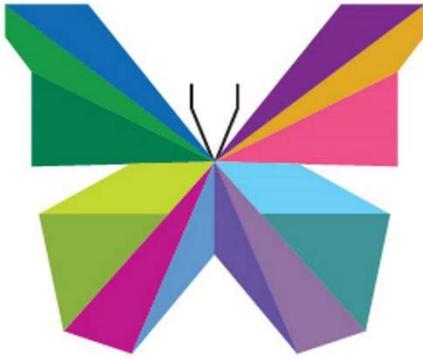
3 Bodily Expression and Creative Movement:

- + using the body as a means to communicate a message
- + combining movement with sound, rhythm and words
- + feeling and expressing

Aims:

- To stimulate bodily expression as an element of communication.
- Understanding how to connect sound, rhythm, word and movement in order to communicate effectively.
- To stimulate cooperation and interaction, managing several tasks according to each one's skills – understanding that each one has a fundamental role towards the creation of the final product.

4 Final show – presentation of the activity's creations



Your FILM – Themed Dinner

Themes:

*The Mystery of Passion

*Superheroes?!

The **InPassion Your FILM Event**, is a self discovery film, with one main aim: for participants to re-invent themselves in a whole new way, contacting different types of personalities and world perceptions.

Besides being fun, this activity promotes interaction, creativity, adaptability and acceptance, stimulating self esteem, improvisation skills and clarity in interpersonal communication. It is, therefore, a Team Building event with excellent results, both at an individual level and at a team level. This Event can be organised for Companies or for private groups (get togethers, birthday parties or other group events) and takes place during a meal (lunch or dinner).

It is surely an experience that no one will want to miss out on.

Duration: This activity lasts for approximately 4 hours.

Minimum and maximum number of participants: 35 to 60 people

Costs: 15€ per person up to 45 people and 12€ per person for larger groups

Logistics: can be organised at any Restaurant or place with enough space for the number of participants involved and catering service.

Nota: The InPassion Coaching team only takes care of the Film Event itself. The Catering and Premises are not our responsibility.



Your Film: The Mystery of Passion

In the case of the Mystery of Passion, it is a tragic comedy with a family plot which could very well be one of Agatha Christie's best mysteries. Today the participants are the actors in a unique film, created with the cooperation of all involved. What has actually happened to Passion? What strange stories are hidden behind appearances?

"A scheduled meeting will change the path of a whole family, coming from all corners of the world. You are one of them.

Much more than a dinner, a vital mystery to be solved.

All set? Action... the Film is about to begin!"

DRESS CODE: Black or White (or both colours).

Your Film: Superheroes?!

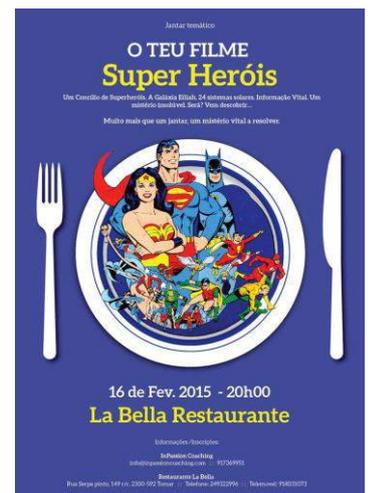
A comedy with a superhero plot, well worth the best sci fi sagas. Today you are the main character of a unique story created together with all of the other "actors".

About the plot: A Council of Superheroes, Chiefs and Subchiefs. You are one of them. Galaxy Eiliah. 24 solar systems with several planets each. A galactic spaceship. Essential information. Goddess Dyalla and the Vital Forces... An insoluble Mystery. Or is it? Come and find out what will be of the many planets and solar systems of Galaxy Eiliah. What will these Superheroes decide and... are they all what they seem to be?

All set? Action... the film will now begin!

DRESS CODE: Superhero costume... please use your imagination.

Important: The "Your Film: Superheroes?!" Event has nothing to do with any known Superhero story. The plot, the characters, the whole Event is totally created by the InPassion Team. Therefore, please use your creativity when choosing what to wear. There are no Marvel figures in the plot nor are there characters from any other film, saga or cartoon series.



An Unforgettable Adventure...

...On the Magical Island of YOU



The Adventure:

*A group of **brave Sailors** explores the **Seas of Now** on board the **Ex Libris**, in an endless plight to encounter new places. They face the strongest of storms and the most dangerous of challenges, until they finally come to an **Island**. On this Island there shall be many discoveries, including the long lost **Graal**, shaded by the mists of time. To find it, though, they will have to deal with ferocious pirates, savage natives and unexpected obstacles. Fortunately, improbable allies offer **precious clues** which will help them find new ways of getting the villains to cooperate instead of fight, discovering why they exist and what makes them behave the way they do, as well as their opposite reflexion. It is as a result of this cooperation that the path to the **Sacred Chalice** becomes visible and that the **nectar of Eternal Life** is discovered.*

This is, indeed, a major adventure of discovery within the most mysterious place on Earth - YOU!

This story is nothing more, nothing less than an adventure of self discovery where all are placed before what they call good and bad, including the combination of their qualities and virtues. Each participant shall discover that through cooperation and acceptance of each other's differences one can reach much further than through fight and rejection. It shall become evident that be it good or bad, everything in us has a purpose on our path and everything can be transformed in a positive and productive way, serving us instead of defeating us.

The final aim is that each participant discovers and reinforces what is unique in themselves, finds their greatest strenghts and learns how to use them, learns to accept their faults and simply transform them into allies.

The metaphor of the Magical Island of YOU represents each one's inner world, which will be discovered together, in a fun and innovative way, so that all can take home the firm knowingness of how special they are and that they can implement anything they really choose to, when cooperating with themselves and with each other.

We have taken the concept of Team Building to a new level, joining what we have chosen to call Inner Team Building with the already known concept of Team Building, in an entirely practical and clear way.

We intend to make the most of this opportunity of diversity, stimulating cooperation amongst individuals with varied competences and ensuring that all shall have an essential role for the group to function in a cohesive and harmonious way. Thus, we intend to develop our innovative concept of Inner Leadership, which consists on the

postulate that we all have an inner team (Inner Team Buiding) which needs to be lead by us. Yet, many times it is the inner team that, in general confusion, leads us and not us that lead it! Under this perspective, all of the participants shall be faced with themselves, the group being a reflexion of their own inner world – all are simultaneously the team and the leader.

Instead of promoting competition, we shall motivate each group to do their best towards achieving an absolutely extraordinary joint final result. The aim is to understand that it is not about competing against anything or anyone, but about each one doing the best they can, believing in their own capabilities and using them productively, knowing that this can only bring real advantages, which are practical and visible.

In the end there shall be a show in which all groups shall present their Graal – the result of the day's discoveries (Plays and Rhythm and Dance coreographies), illustrating that the whole is much more than the sum of its parts.

Even those who do not like to dance or represent, or imagine they don't know how to, will have an active part, since Bodily and Dramatic Expression is very eclectic and adaptable to different levels of skills.

According to the event itself, location and specific groups, the actual activities may vary.

This event usually takes place outdoors. Wen the weather conditions do not allow this, it takes place indoors, in large spaces with surrounding natural areas.

General Plan:

Subdivision of the participants into 4 groups, corresponding to a specific order of activities where the groups alternate positions.

- Plastic Expression Activities (creating elements in order to explore the theme, as well as interacting with nature to find adequate materials. Usage of both natural and other materials)
- Dramatic Expression Activities (Play developed by the groups, in which they themselves are responsible for the creation of the script, the characters and their characterisation, creation of the plot and representation. This Play is built throughout the day and is based on a theme which will have been chosen at the beginning of the day by the group)
- Bodily Expression Activities (Happy Yoga, Creative Movement and Group Dynamics, developing cooperation and the adventure of discovery)
- Artistic and Rhythmic/Bodily Expression Activities (creation of a rhythm and dance coreography, with the help of the instructors, but defined by the group, illustrating their theme and characters. This coreography shall

also be created throughout the day and may include a great variety of rhythms and styles)

Notes: This programme takes place along a full day, from 9:00 to 18:30, for groups with a minimum of 40 people.

Concepts/Themes to be developpe (in practice):

- Inner and Outer Team Building: Cooperation, Acceptance, Self Awareness, Non Competitiveness, Excellence, Sharing, Balance, Respect, Communication
- Letting Go and Adaptability to New Circumstances / Adaptability to Change, Flexibility
- Improvisation Capacity
- Focus and Concentration, Clarity
- Working under Pressure with Calm Determination
- Creativity and Inspiration
- Rhythm, Coordination, Bodily Expression and Vocal Toning
- Inner and Outer Leadership, Assertivity and Firmness
- Self Esteem and Self Trust
- Transparence and Honesty
- Consciousness and Intuition
- Time Management, Human and Physical Resources Management



Un-Limited EDITIONS Series

This Un-limited programme is an invitation to go beyond the Comfort Zone, first within and then with-out, in an all rounded challenge of self-awareness which in turn shall motivate each participant to reflect their own Extra-Ordinary Uniqueness in everything they think, say and do.

The main Un-Limited EDITIONS programme lasts for 3 days, but it can be adapted in several ways. Part of the programme can be done in one or two days. We can also work on only one of the themes in 3 and half hour workshops.

Other formats can be decided according to particular cases.

Themes:

- *From Divergent Thinking to Convergent Feeling
- *Unlimited In-Tuition – your Inner Personal Coach
- *Inner Team Building – Are YOU a team?
- *Dealing with Fear of the Unknown - Beyond the Comfort Zone into your Uncharted Territory
- *Discovering New ways of circling around Old Habits
- *Cooperative Leadership – who is leading YOU?
- *AIMS and NOW – going a step further into the Zone
- *Creative Passion – the Source of Innovation

As an example of a 3 and half hour programme, we have added the Event for the Theme Creative Passion – The Source of Innovation.



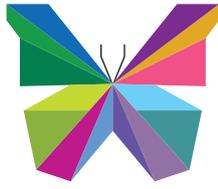
InPassion Creative

To stimulate creativity, understanding one's inner dynamics, either leading to creative flow or stopping it, we introduce the concepts of Energy Efficiency and Convergent Feeling. This, in turn, allows access to Intuitive Imagination and Effective Perception.

Themes:

- *From Divergent Thinking to Convergent Feeling*
- *Creative Intelligence to Intuitive Imagination*
- *Zone or Flow – Flowing versus Resisting*
- *Energy Efficiency, Focus and Effective Perception*

This practical 3h30 workshop allies group dynamics and individual perception, leading participants to discover new ways of interacting with their own creativity and with that of others. Cooperation, negotiation capacity, flexibility and acceptance, time and space management, focus and resource management, communication clarity, assertivity, self confidence and self esteem are some of the challenges to manage during this workshop. Conscious Breath is the practical tool which shall be introduced and used by participants to implement simple and effective ways of achieving their goals.



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Coaching®**
Inspiring Passion
The LOVE R-Evolution



Proposal

Plan

InPassion Un-limited Editions – The Uncharted Territory



**In
Passion**
Un-Limited EDITIONS
Zona não Cartografada / Uncharted Territory
The LOVE R-Evolution®

This Un-limited programme is an invitation to go beyond the Comfort Zone, first within and then without, in an all rounded challenge of self-awareness which in turn shall motivate each participant to reflect their own Extra-Ordinary Uniqueness in everything they think, say and do.

We have put together a team of passionate professionals to bring about 3 days of Excellence. Our concept of Excellence is, however, to lead each one to excel within oneself, in order to then excel any time, anywhere. Thus we have created the innovative concepts of Inner Team Building, Inner Leadership and Convergent Feeling. These go beyond regular Team Building, regular Leadership and regular Divergent Thinking.

Actually our whole programme is about going beyond. Beyond Limits and Limitations to discover New ways of curbing Old habits through practical challenges. This, in turn, gives Leaders the cutting edge, when it comes to management skills, innovation, motivation and flawless determination. They thus become the example of what the whole Team is expected to be.

Using the analogy of the 4 elements of Nature: Earth, Air, Fire and Water, we take participants on a journey of self-discovery which brings each one face to face with one's greatest limitations as well as potentials.

Plan

InPassion Un-limited Editions – The Uncharted Territory

In order to do so we alternate Group and Individual activities, both indoors and outdoors, The outdoor activities can range anywhere from walking, hiking, mountaineering, climbing, cycling, buggy/kartcross or others for the EARTH module. Abseiling, bungee jumping, sky diving, parachuting, hang-gliding, hot air ballooning, helicopter or Cessna rides for the AIR module. Surfing, bodyboard, sailing, rafting, snorkelling, diving, swimming with dolphins, whale watching, canoeing or others for the WATER Module. Self-awareness activities and exercises, Conscious Breath, dancing and celebrating for the FIRE module.

The EARTH, AIR and WATER activities shall differ according to local availability of activities and weather conditions, as well as the aims of the Company/Group contracting our services.

The InPassion Un-Limited programme is held at locations where the surrounding environment allows participants to experience it fully, making the most of the entire experience. The accommodation may vary according to the Company's requirements, ranging anywhere from camping in the wild to a 5 star Hotel. We favour smaller groups in order to keep the programme as personalised as possible. However, groups can range up to a maximum of 15 participants. For larger groups we shall create two groups of up to a maximum of 30 people in total.

This programme is more than just a self-development programme – it is a NEW way into EXTRA-ORDINARY Uniqueness.

What? InPassion Unlimited Editions

Who? InPassion Coaching – Inspiring Passion Coaching

Where? Location to be defined (inherent travel, accommodation and meal costs shall be sustained by the contractor)

Who is it for? Managers, Directors, Heads of Staff, CEO's

Necessary qualifications to attend: Non defined

Plan

InPassion Un-limited Editions – The Uncharted Territory

Number of attendees (maximum number): 30

Duration: 3 days

Language: Portuguese / English / Spanish / French

Cost: The price includes only the programme itself and is defined according to each client's requirements. Travel, accommodation and meals are charged apart.

Aim: To prepare the afore mentioned Leaders to go beyond their limitations both intra and interpersonally, therefore creating and expanding endless new potentials for the Company as a whole.

Themes:

- *From Divergent Thinking to Convergent Feeling
- *Unlimited In-Tuition – your Inner Personal Coach
- *Inner Team Building – Are YOU a team?
- *Dealing with Fear of the Unknown - Beyond the Comfort Zone into your Uncharted Territory
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Plan

InPassion Un-limited Editions – The Uncharted Territory

Programme:

Day One

FIRE

1. Introductory Module (2 hours)

- InPassion Un-Limited Editions: introduction and *ice-breaking* – getting acquainted with each other, with the activity and with oneself
- Practical Divergent Thinking and Self Awareness exercises – Introducing Convergent Feeling and Conscious Breath

2. Your Inner Personal Coach (2 hours)

- Focus
- Thinking and Feeling – Breathing and Discerning
- Group and Individual Activities

3. Inner Team Building (2 hours)

- The Team within you – Are YOU a Team?
- Re-union and co-operation: getting the best out of you
- Your hidden enemies and potentials
- Self Expression – proactive listening and response

EARTH

4. The Uncharted Territory (1h30)

- Practical Activity in Nature



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Plan

InPassion Un-limited Editions – The Uncharted Territory

Programme:

Day Two

FIRE

5. Cooperative Leadership (3 hours)

- Fears, Boxes and Limitations – Exploring the Known within the Unknown of You
- Who is Leading your “show”?
- Old Habits – New Ways
- Interactive exercises and activities
- Being the LEADER of your Inner TEAM

AIR

6. Outdoor Activity (all afternoon – specific activity to be defined)

FIRE

7. Outdoor Activity and Celebration with Live Earth Rhythms



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InPassion Un-limited Editions – The Uncharted Territory

Programme:

Day Three

WATER

8. Outdoor Activity with Water (all morning – specific activity to be defined)

EARTH, AIR, FIRE and WATER

9. The Zone (3 hours)

- Sharing perceptions of being in THE ZONE – FLOW versus Resistance
- Working in the NOW to achieve Excellence – one step further
- Igniting Creative Passion – Practical Activities to develop Creative Intelligence and Intuitive Imagination
- Self and mutual RESPECT – fostering Diversity
- Beyond Normal – transcending the Norm: the path to innovation

THE END... or THE BEGINNING?