



# Grooa Inspiria

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The Grooa Learning Center  
In The Dutch Countryside





**Bird Chirping**

**Scent of Trees**

## **Forest Bathing**

The health benefits of being in contact with nature have long been known in all cultures; as the urbanization explodes, though, we often forget.

The Japanese have captured the essential human need to stay in contact with nature on a regular basis and they have made it a part of their daily agenda; they call it **Shinrin-Yoku**.

We translate it with **"Forest Bathing"** to imply that this practice is nothing like a hike or a brisk walk with a goal.

It is rather a full immersion into the forest atmosphere; we "take in" the forest with all our senses. We do not "walk to a goal", we just mindfully experience "being" in the forest".

The benefits of **Forest Bathing** derive from the de-stressing effect of mindfulness combined with the health effect of phytoncides (the antimicrobial aromatic substances given off by plants like pine, tea tree and oak).

Between two pine trees is  
a doorway leading to a  
new way of life.

*John Muir*  
*Environmental Philosopher*



# The Grooa Inspiria Learning Center

The Grooa Inspiria Learning Center is a delightful destination in the Dutch countryside where you can attend leadership development and mindfulness training or organize your own, in a peaceful and relaxing environment.

Located in North Brabant, just 30 minutes drive from the Eindhoven and Dusseldorf Weeze Airports, this new sustainable Learning Facility, the Grooa Inspiria Learning Center, is powered by solar energy, restructured using recycled material and surrounded by a protected green area with woods, forests and wild flower fields.

The inside is designed to offer an unconventional, informal, friendly and inspiring environment, conducive to collaborative learning.

The outdoors area includes the privately owned Grooa Inspiria Forest, a 3 ha space used for mindful walks and the occasional party.

## The Grooa Inspiria Learning Center

Den Hoek 33, 5421 XG Gemert (NL)





# Why a Learning Center?

We are dedicated to continuous learning.

We continue to study and learn ourselves, both attending formal training programs and in constant dialogue with Academics and Business Clients.

We are therefore very happy and proud that we could invest in our own educational Learning Center.

The Grooa Inspiria Learning Center is equipped with a growing consultation library of latest leadership and business books, selected magazines and relevant articles.

We would like for the Grooa Inspiria Learning Center to be not only a place of training, but also a meeting point for dialogue and collaborative exchange of ideas around Innovation Leadership.





# Training Programs

## Grooa Inspiria Learning Center

### Leadership Development Training Workshops

#### **The C.L.E.A.R.™ Mindset**

Introduction to The C.L.E.A.R.™ Mindset (one day)  
The C.L.E.A.R.™ Mindset Fundamentals (three days)  
The C.L.E.A.R.™ Mindset Advanced Modules  
(Five Advanced Modules, each of two to three days)

Personal Brand (one day)  
Giving and Receiving Feedback (two days)  
Resilience in Change and Ambiguity (three days)

#### **Mindful Leadership**

Introduction to Mindfulness (one day)  
Forest Bathing Program (six afternoons)  
Mindful Leadership Gym (10 modules of one day each)

### Team Facilitation and Coaching

#### **Executive Coaching**







## The Mindful Leadership Gym

Mindfulness is a skill that brings numerous benefits (e.g. improved emotional control, decreased stress, an enhanced ability to focus and a general feeling of clarity and well-being.)

Yet these benefits cannot be achieved in one day: Mindfulness is not a technique to activate when we need it; it is a skill, an acquired capability, which requires regular and sustained practice, before it can become second nature.

Once we learn and regularly practice the necessary techniques, and implement complementary "in action" strategies, being mindful can become second nature and help us both being happier and more successful.

That is why we have designed a simple and practical course to help:

- . Learn the exercises that you need to get "mindfully fit"
- . Identify opportunities to intentionally practice and
- . Design your own "in action" strategies

**The Mindful Leadership Gym Course in 10 Modules is available**

- **as online Master Class**

- o LIVE at specific intervals
- o Recordings accessible via login

- **as Weekly Workshops**

- o for groups of min. 6 participants



# The Center's Facilities

The Center's Facilities include:

A 10x5 meeting room that can be divided in two

A 3x3 office space

A 10x10 attic space for additional activities

Fully equipped canteen area

Wifi

Outdoor tables and benches

Access to Private Grooa Inspiria Forest

Optional use of bikes, golf car, gym and sauna





## Grooa AS

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[www.theclearmindset.com](http://www.theclearmindset.com)

## Grooa Inspiria Learning Center

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