



The «Passage» Professional Transition Program 2020

Foto: Ruth Förster

*Wanderer, your footsteps are the road, and nothing more;
wanderer, there is no road, the road is made by walking.*

Antonio Machado

TAKE CONCRETE STEPS TOWARDS YOUR MEANINGFUL CAREER!

Are you seeking a more meaningful career and life? Would you like to re-connect to your vision and resources and gain more clarity in taking the next steps? Are you open to and enjoy sharing and supporting each other on the way? Are you unsure where or how your professional journey towards purpose at work and in life could go?

If you said “**yes**” to any of the above questions, the **STRIDE «Passage» program** is for you. It will enable you to take the next concrete steps towards a meaningful career and life.

WHY

We live in a fast-paced, ever-changing globalized, complex and uncertain world facing major trends like migration, digitalization and increasing environmental, health and socio-economic challenges that are changing the ways we live and work. This reality urges the need to re-think our ways of living and working and to transform them into better ones. We are called to re-connect deeply to ourselves, our vision, our resources and and to develop and foster our competences for transitioning ourselves. At the same time it offers us the opportunity to pursue a more meaningful career and life.

Navigating a professional transition is a daring journey and requires an open heart, sound intuition and reasoning, renewed creativity and trustful companionship.

Give yourself time to engender ideal conditions for this personal journey and join the «**Passage**» program.



Foto: Manuel Dawson

THE «PASSAGE» PROGRAM

- allows for a **deep, joyful and sustainable process** together with peers in a **safe space** held by **experienced guides**.
- offers a **unique blend** of individualized tools, expert facilitation and peer-learning tailored to your specific situation in an environment of **trustful companionship**.
- is **modular** and allows you to combine 4 different formats as needed.
- provides the option to **stay connected** to your peers and STRIDE's growing community of purpose driven professionals and organizations.
- is an ideal **entry point** to the STRIDE «CoLead» program.
- offers **benefits** beyond the «Passage» (see at the end of this brochure).

After completion of the «Passage» you will be granted a **STRIDE unCertificate**.

AT THE END OF THE «PASSAGE»

You will:

- have more clarity about your wishes, goals and possibilities for a meaningful career and life.
- connect with your vision, resources & creativity, releasing (new) energies.
- take concrete steps towards your meaningful career and life.
- understand and improve your very own way of transitioning.
- apply new and effective tools and practices that will support you to succeed on your meaningful career and life pathway e.g. for connecting, visioning, exploring options or decision making.
- apply potent practices for future peer-learning and sustaining nourishing companionships for your path.
- be able to build up new professional networks.

THE MODULES

Choose among the following options to custom tailor your experience to best match your needs:



HOW

In order to best support your progress, we apply theory-based and practice proven, hands-on methods and tools which are rooted in transformative learning and coaching, competence oriented didactics, system thinking, nature-based Vision Quest (School of Lost Border) and creative, somatic practices and improvisation like the Tamalpa Life Art Process®.

These include valuable inputs on transitioning, guided reflections, creative explorations, nature walks, carefully targeted impulses and somatic practices (e.g. sensory awareness exercises) to cultivate presence with yourself, others and the environment and leading to clarity and calmness for action.

To foster peer-learning we use STRIDE's unique [unSchooling](#) approach for meaningful sharing, supporting and inspiring each other, so that the peer-power can flourish.



TOWN: *Orient.Incubate.Explore.*

Workshops (2 full-days)

Based on your unique situation, we will support you to explore the following questions and to take action (see also "HOW"):

- Where am I in my personal journey?
- What is it that I truly desire? What are my dreams, my gifts and goals?
- How is my very own way of transitioning towards a more meaningful life and career? How to explore possible options? How to begin something new? (E.g. entering a new professional field, expanding my network)
- What are my resources & hindrances? How to cope with challenges? How to access my creativity?
- How can I decide which way to go and take next concrete and feasible steps?
- How can I connect to peers to support and learn from?

Facilitated Peer-Learning Circles (4x2.5h)

These circles complement the workshops. In the group we will address your current issues, providing concrete and solution-oriented feedback, sharing experiences and practicing hands-on transition skills.

You may continue with the **Peer-Learning Circles series**.

Group Size:	ca. 5-8
Dates:	On request; Workshops (9.00-17.00 each day), Circles (18.30-21.00), every 3-4 weeks, dates defined with participants
Language:	English (evtl. German, dependent on participants)
Support:	4 months duration, or longer as wished
Space:	Downtown, Impact Hub Zurich (indoors & outdoors)
Your Time:	2x1 day & 4x2.5h presence; individual as needed
Costs:	1'180 CHF/ 1'080 CHF (the reduced price reflects our commitment to make this offer available also to those on smaller budgets. Please choose accordingly.)

Foto: Ruth Förster



NATURE: *Immerse. Listen. Re-connect.*

This **deep immersion** in nature is a powerful way to open to new experiences and insights leaving every day's business behind. Intensive and creative encounters with yourself and nature support you to:

- **Listen:** For what burns my fire? What are my gifts to offer the world? What do I want to leave behind? What do I want to welcome?
- **Re-connect** deeply with (your) nature, find guidance & renewed energies for your professional and life pathway.

Based on your status quo, we follow these phases:

- **Preparation:** setting a focus and preparing the time-out.
- **Time-out:** 24h solo in nature, equipped only with the essentials: a sleeping bag and pad, while fasting with just water.
- **Return & integration:** reflecting on your experiences and insights, planning the next concrete steps in order to integrate these and to practice new ways of being.

Group Size:	3-8
Dates:	16-20 Aug 2020; preparation meeting btw. 27 Jul - 3 Aug, follow up meeting btw. 7-18 Sep (dates defined with participants)
Space:	Swiss Alps in the powerful Ruinaulta region, ca. 1.600m
Lodging & Food:	Tent or in a rustic Alpine Hut which serves also as base camp. Tasty regional, vegetarian or vegan meals, cooked indoors & outdoors
Participation:	After at least one STRIDE CAREER COMPASS session, a coaching session with Ruth or the TOWN module. You are fit for outdoor-activities & solitude.
Language:	English (evtl. German, dependent on participants)
Your Time:	5 days presence & in total 2.5h prep./ follow up meetings; individual explorations as needed
Costs*:	1'700/ 1'530/ 1'250 CHF (the reduced prices reflect our commitment to make this offer available also to those on smaller budgets. Please choose accordingly.)

COMBI: *Re-connect. Transition.*

If you want to deeply re-connect with (your) nature and build up profound transition competences for your professional resp. life-journey.

Dates & Info:	see above
Costs*:	Town + Nature -5% discount, from 2'213 CHF

* payment in 2 installments, excl. transportation

YOUR GUIDE - Ruth Förster



"I trust in everyone's ability to connect deeply with oneself, others and nature finding clear guidance in challenging times. As transition guide I know about the power of peer-learning, offering mutual support for the individual and collective transition journeys. Join us in the "PASSAGE" for (y)our better Tomorrow. I am dedicated to support you to take the next steps."

Ruth's way of accompanying you draws from her rich personal transitioning experiences and her profound professional background. She has more than 7 years expertise as certified Vision Quest Guide and counselor in expressive art & movement supporting individuals and groups on their transition path. Furthermore she has engaged for more than 20 years internationally in the theory and practice of transformative learning for sustainable development, e.g. as curriculum designer, study program director and trainer (ETH Zurich, Uni Basel a.o.) and as researcher. She is trained in environmental engineering (Dr. science) and didactics (both ETH Zurich).

Besides Ruth, other STRIDE Team members will also support you.

The **NATURE module** will be co-lead by Anaïs Sägesser.

Learn more about Ruth, Anaïs and the STRIDE Team [here](#).

REGISTRATION, QUESTIONS & CONTACT

- **Registration:** Please register via our [website](#)
- **Questions:** If you are uncertain if "The Passage Program" is right for you or if you have further questions, Ruth will be happy to assist you. You can schedule a free consultation with Ruth: ruth.foerster@stride-learning.ch.
- **After Registration** we will provide you with further information as also request additional information by you in order to ensure that the Passage will support you best.

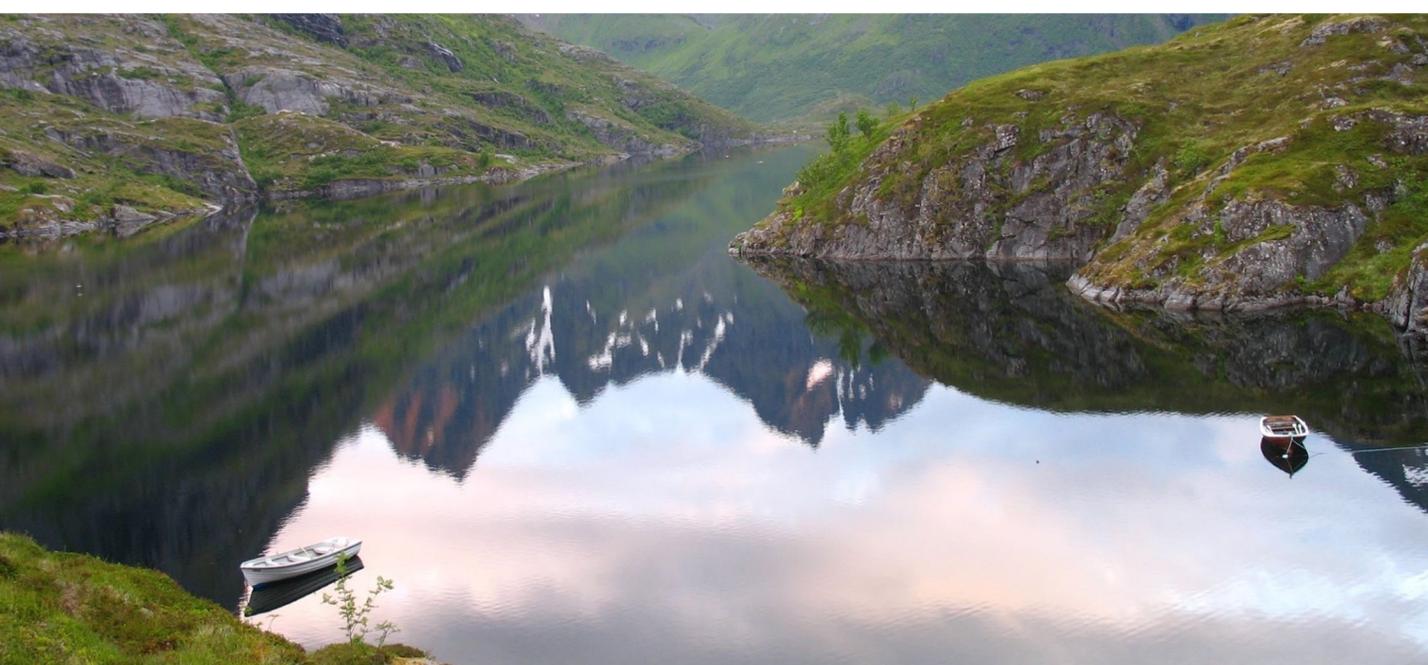


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ABOUT STRIDE

At STRIDE, we all daily engage and put energy, love, and passion into supporting and truly living the transformations needed for a better tomorrow.

Our mission is to support personal, social and environmental transformations that lead us towards more sustainable and equitable societies as well as meaningful and fulfilling lives.

Through action research, collaboration as well as STRIDE's unSchooling approach to learning, we strengthen the capacity of individuals, organizations, cities, and sectors to develop impactful solutions to complex problems.

ADDITIONAL BENEFITS BEYOND THE «PASSAGE»

PASSAGE

other STRIDE COURSES & EVENTS

- [STRIDE CoLead - unDiploma for Collaborative Leadership](#): 5% reduction*,
- [STRIDE LABs](#): 10% off of the applicable price*
- Continue with the [Facilitated Peer-Circle 4 à 2.5h](#), every 3-4 weeks: 320 CHF
- [Participate in STRIDE events](#) & Community Meet ups: meet peers, Striders, inspiring guests

* Price reductions cannot be accumulated.