

Get Enlightened @ the Northern Light

No Bullshit Academy 3 day programme
21 - 23 November 2019 in Lofoten, Norway



Programme at a Glance

A 3 day NBA Leadership Programme: Get Enlightened @ the Northern Light

For everyone who sees the bullshit in their life and work and wants to turn it into fertiliser.

For people who want to take responsibility, get powerful tools and create an empowering life and workplace. You will walk out with a 21-day challenge to put your ideas into action.

Day one Discover your challenge with Theory U

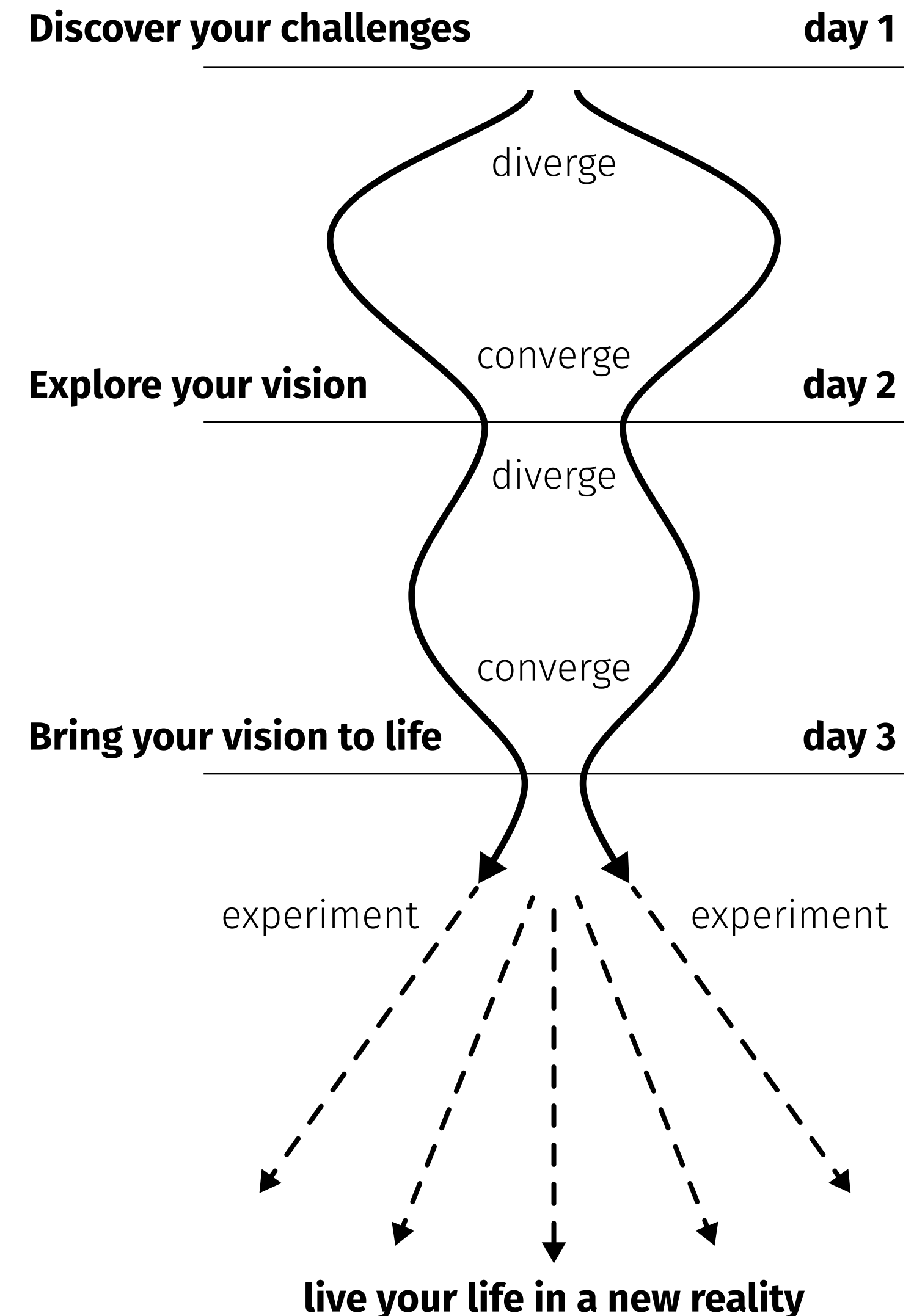
Day two Explore your leadership vision with embodied practices

Day three Bring your vision to life with Design Thinking
21-day challenge Experiment and live in a new reality with personal coaching

The No Bullshit Academy believes that when we transform the way we relate and interact, we can change the focus to what works and create more of that. It will change the way we do business, the way we communicate, handle confrontations and the way we resolve issues. Our mission is to create a balanced, caring, lively and healthy world, where there is more than one right answer.



The three day process



The No Bullshit Academy invites you to open new perspectives. To identify automatic behaviour you have developed across both personal and professional life. Working in a beautiful farm you will start seeing your challenges.

Framework of the day:
9am-6pm

1. Clearing the bullshit of others. A physical exercise to discover more about bullshit in your life and work.
2. What is bullshit actually? How to frame and reframe bullshit?

Lunch

3. What is my bullshit? Identify habits and complaints and share about the impact.
4. What is underneath the bullshit? What influence does this have in your life?

Day One

Clearing out your Bullshit







Day Two

Reflecting on the Bullshit

On day two we will get into the questions: What vision can I create for my life when it's free from bullshit? And what's the gap and the challenge I need to face to get there?

We will take you on a beautiful morning hike on the island of Austvågøy, where nature will mirror where you stand now and inspire you on the vision you want to create.

The afternoon offers an embodied learning experience like tango or a boat excursion. You will gain insight in what leadership is for you now and how you can use this to challenge yourself.

Framework of the day:
10am-6pm

1. Early morning hike - reflection on where you stand and the vision you want to create.

Lunch

2. Physical exercise - Challenge your ideas about: What is leadership for you now?

3. Exercises - Exploring your leadership and vision.

Redesign your life. On day three you will move to action and create the fertiliser of tomorrow. What is your next step? What do you need to prototype? And how will you celebrate your work, your relationships and your life? During this day you will design your 21-day challenge

Framework of the day:

9am-6pm

1. Generate ideas for your 21-day challenge.
2. Create life experiments and new habits.

Lunch

3. Present your future life essentials.
4. Acknowledgement practise.

Closing ceremony with herring and akvavit

Day Three Turn the Bullshit into Fertiliser



What is the No Bullshit Academy?

The NBA offers leadership & personal development programmes for business teams and individuals to create relationships that work.

When the relationship with yourself and others is blooming, it is easy to live and work freely.

From the reality you live & work in, we invite you to create a new context for yourself which is true and will work with less Bullshit.

Overall you will gain more trust in yourself and in others by becoming more honest and create powerful actions for change.

Check our instagram account for more information **@thenobullshitacademy**



Do you deal with some of these challenges in life?

How can I make the right choice?

How can I communicate better?

Do I procrastinate and why?

What if I fail, or the idea or project fails?

Can I lead or follow with a smile?

How can I start a (corporate) tribe?

What do you get out of this NBA Programme?

A 3 day experience to get a new view on what stories rule your life.

Do you follow the ideas of others? Or are you learning to listen to the voice within yourself?
What is happening in the company, team or area you work in?

What do you want to put into the world?
And what is the gap between what you are doing so far, and what you feel you should be doing?

With this programme you take the opportunity to redesign your vision and to approach your life and work differently. You will get tools to transform barriers into possibilities and get clarity on the next steps to take.

We invite you: Get clear and realise the unity of all things.

More outcomes of the NBA programme

- You will feel alive
- You can go past your fear
- You will get clarity on 'What is my BS problem'?
- You will get honest about what you want and don't want in your life
- You will learn tools about how to deal with BS in your life and in your team/company
- You will create experiments and daily practices to support your (new) goals
- You will be part of a safe community, communicating in a different way
- You will create new essentials for your life, your job and your social grounds
- You will discover habits and patterns that do not serve you
- You will experiment with a new attitude on life
- You will make new friends



Your NBA team



PIETER SPINDER

is the founder of Knowmads Creative Business School Amsterdam, co-founder of the No Bullshit Academy and writes the book: From Fear to Freedom.



MYRNA HOED

is coach and consultant at Bureau myChapeau, co-founder of the No Bullshit Academy & loves to dance Brazilian Forró



JOS VAN OOSTEN

System Thinker and intervention expert. Originally an electrical engineer with a great deal of awe for what technology and people are capable of. Now living in Laukvik on the Lofoten islands in Norway.



3 day NBA Programme
21 - 23 of November 2019
Laukvik, Lofoten, Norway

Price € 1750- (ex VAT)

max. 12 participants

Including

- Accommodation and full board for 4 nights
(www.byzonderereizen.nl) extended stay possible
- Workshop activities and materials
- Coffee, tea, drinks and food

Excluding

- Travel to/from Laukvik
From Svolvær Airport, it's a 25 min car drive
to Laukvik. We can also organise a pick-up on request.

Please send your wish to join, or any question to
hello@nobullshitacademy.com



**Your intuition knows
her shit**

Testimonials

Marc Deinum - Owner of Metrostation.nl

The NBA made me more aware of what the nasty things are that I confront. They are the things that shift me out of focus and prevent me to fully concentrate on the daily tasks that need to be done

Andreas Schlegelmilch - Owner of Lernen-Bohlscheid.de

It is about having more fun and more clearness, for the people in my life and company, and having more time for the really important things.

Daan van Neck - Independent Thinker

The NBA initiators are attracting very interesting people to this programme; I agree with them, because the subject is also brilliant.

Tom Verstappen - Managing Director WickedGrounds.nl

From "What the heck am I doing here?" in the morning, to "Shit, there might be some truth in this" in the afternoon. Definite recommendation

Ashref Shaik - Student

I learned how I can apply my experience of this course immediately, and I feel very confident that I know now how to deal with the bullshit.



For video testimonials visit
www.nobullshitacademy.com



Welcome to your new world
www.nobullshitacademy.com

