

## Expertly & experience

At *SwedenTrainings* both the survival - and the psychological aspects of the training are always looked after by good and qualified coaches. Part of them are local Swedes (for the wilderness) and for the EQ - training the team is international.

A training group exists from approximately eight participants, two coaches, a guide and a bivouac maker. The participants can be people from one company or institution, but it is also possible to compose a group out of individual applicators.

- our coaches have been selected on knowledge, experience and motivation
- on our website you can meet our trainers more closely

## Activities

A complete programme runs from Monday till Friday - from and back at home. The survival days take the largest part of the EQ-training.

The heaviness of the programme is determined in consultation with the constituent. Thus there are e.g. possibilities in the wintertime to choose either building a snow hut ourselves in the forests or returning for the night to the safe protection of our *torp* in the warmth of a wood fire, the oil lamps and with a *dass*, or outside toilet.

The activities are always geared to the possibilities that nature offers us.

Spring up to in the autumn:

- day and night outdoors
- seeking for food in nature
- creating a safe place to sleep

in the winter:

- shortage in nature
- at night a roof above our heads
- Ice-fishing and collecting basic materials

## Nevertheless, there is also luxury

After arrival in Sweden we receive you in the wonderfully situated hotel in the vicinity of one of the rustic Swedish lakes. You get a pleasant chamber and the possibility for using the bastu (sauna) in the hotel or at the bank of the lake. And after an intensive stay in the bush you are received open-hearted once again. You surely will enjoy this double then.

## Challenged and enthusiastic?

For further information you can contact us:

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○ handle emotions intelligently

# EQ Survival.

## Discover your tools

Handling emotions intelligently, teambuilding, coaching, communicating effectively, selection, reintegration

# Emotional Survival

At *SwedenTrainings* you learn to launch your abilities and qualities successfully at various moments. Our programme starts with assessing the EQ-i-inventory of Reuven BarOn. This assessment-tool has been tested scientifically and you will be surprised by the clear and useful outcomes.

- individual test results are processed in the training
- you get a particularly effective individual feedback
- at the end of the training the current work points are discussed
- if necessary a closer offer is done

## Power sources in yourself

In one of the last remaining primeval woods of Europe in the heart of Sweden you will learn useful survival techniques. These will prove to be more than purely survival tricks. Our training appeals to your powers of comprehension, feeling, intuition and stress resistance, but we challenge you especially to find your own power sources. You definitely will be surprised...

During the training we offer space for conversations with the coaches and for reflection. *SwedenTrainings* is unique in the link we make between the outcomes of EQ-i-test, your direct experiences and your work situation. Thus adventure in nature becomes a learning experience that will improve your functioning and performing substantially and permanent. *The powerful combination of primeval nature, survival and psychological challenge is the secret of SwedenTrainings.*

## Emotional intelligence predicts success

Emotional intelligence / EQ stands for the ability to handle the requirements of your work - and life environment. EQ predicts success in live. The good news for you is that the associated skills can be trained very well.

## Concrete results for your company

The commitment of *SwedenTrainings* is to support you in result-improvement. We attain this by exploring and freeing power sources within teams. On the basis of our inventories (we measure, so we *know*) and experiences during the training both the participants as we ourselves do receive a sharp insight in everybody's possibilities. From experience we know: through understanding the path to growth is open. That applies to both the individual participant as well as to the team. The demands which are made to the team differ per occupational group. Does your team form a fertile whole? Discover and improve it together with us.

- we support the team member to become stronger
- at the same time we support the team as a whole to reinforce
- a strong team is more than the sum of the parts



## Meeting the brown bear?

Our survival trainings are held in Värmland in central Sweden. This province forms the heart of the Scandinavian wolf population. Also the European brown bear roams here in relatively large numbers. Moreover we do find the lynx. These carnivores are not met in general - they try to escape us. Nevertheless a meeting with the big four can certainly not be excluded and therefore we prepare ourselves in the training. As far as the wolves are concerned, our guides regularly hit their trail and more...

## Masters in a tailor-made job

We organise trainings for team building, selection, reintegration, coaching, and outplacement. These are however only raw indications and on the contrary, we tend to work specific.

At *SwedenTrainings* we work out a tailor-made programme for you.

- we listen closely to the constituent
- we stipulate objectives in consultation
- we consider each participant as an individual
- you get a unique offer - each training is different