



It's not the effort that solves a problem — it's another perspective
— L. van den Berg-Sekac

Getting Unstuck: Charting New Frontiers

Sometimes, our life doesn't go our way. We're not doing too good, yet we cannot put our finger on what's happening. We feel uncomfortable in our skin, and sucked into our jobs or relationships, but we tell ourselves that it's because of the busy period at work, the long cold winter, or outside circumstances. We blame ourselves and other people, but months or even years later, our life still doesn't go well. It's as if it rebels on us. It steps on our actions towards happiness, and we rebel back by working harder, or by doing just the opposite: giving up our zest for life

When we realize that our life has gone off the rails, and we try to get back on course, we may discover that it's not as easy as we may have assumed. Tasks that we used to handle with joy and ease turn out to have transformed into an insurmountable wall of trouble occupied by an enemy who also hacked our vision and motivation. And the only thing we're clear about is that we aren't clear how to get out of the damned situation.

Program Objectives

Understand what getting stuck is really about, and gain tools that allow you to build a strong inner foundation of self-trust and confidence, so you can break free through obstacles and move forward again.





Course Outline

Part One: Understanding

Four Situations of Being Stuck

- You do the Opposite
- You Cannot Choose
- You Cannot Move Forward
- You Have No Strength

Five Principles that Will Change Your Life

Part Two: Exploration

Principles You Must Respect

- How You Do One Thing, You Do Everything in Your Life.
- The State of Mind You're in Affects Everything and Everybody, Yourself Included.
- How You Treat Yourself Influences the Way You Do What You Do, and the State of Mind You're in

*At the end of each part, there will be a games exercise to reinforce the learning.

A person is captured in mid-air, jumping joyfully with their arms outstretched. They are wearing a dark hoodie with a Hello Kitty graphic on the back and dark pants. The background is a bright sunset over a field of tall grass, with the sun low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds.

Part Three: Preparation

The Four Pillars of Preparation

- Decision: Your First Step
- Be a Hero and Have FAITH in Yourself
- Be Willing to Take Action
- Be READY to Receive the Solution Now

Part Four: Action

Exchange in the Form of Giving and Receiving

- This May Be the Cause of Your Stuckness
- Mastering Giving and Receiving Is Invaluable
- Receiving Is Much Scariet than Giving
- Relationship, Career, Body, or Emotions Are Your “Partners” as Well
- When You Demand Appreciation, It Means You Forgot to Give It to Yourself

Part Five: My Story

Again, it's not the effort that solves a problem, it's another perspective. — L. van den Berg-Sekac

*At the end of each part, there will be a games exercise to reinforce the learning.

Course Schedule

TIME	ACTIVITY	DETAILS
09:00a.m. - 10:30a.m.	Part One: Understanding	<ul style="list-style-type: none"> • The Ingredients of Life • Four Situations of Being Stuck • Games/Activity Session
10:30a.m. - 12:00a.m.	Part Two: Exploration	<ul style="list-style-type: none"> • Principles You Must Respect • Obstacles and Resistance • Motivation • Games/Activity Session
12:00p.m. -1:00p.m.	Lunch	
1:00p.m.- 2:30p.m	Part Three: Preparation	<ul style="list-style-type: none"> • The Four Pillars of Preparation • When You Cannot Decide, Commit, or Trust • Games/Activity Session
2.30:00p. m.- 4:00p.m.	Part Four: Action	<ul style="list-style-type: none"> • Exchange • Exchange in the form of Giving and Receiving • Games/Activity Session
4:00p.m.- 5:30p.m.	Part Five: My Story	<ul style="list-style-type: none"> • Sharing Session • Activity Session