



MOUNTAINSEMINAR

INTEGRAL PERSONALITY DEVELOPMENT

by and with Gerlinde **KALTENBRUNNER**

and Christian **PARTNER**

STARTING POINT

The central topic of the Monastery Seminar was working with yourself, specifically on the I ("I am"). After looking back (How did I become the person I am?) and gaining insights (Where am I in life right now? What gives me meaning?), we began working on looking forward (Where and how do I see my future?). This always resulted in clarity.

But it also often became clear that new visions, utopias, futures, knowledge, insights and goals require a unique image of the future... a vision for life. An image that inspires us and gets us out of bed every morning with the joy of doing. An image that gives us meaning.

"Never underestimate the power of your dreams." (G. Kaltenbrunner)

The power, silence and beauty of the mountains make it the ideal place to develop a real vision for a successful life. This involves intense work and demands a lot from the participants as we spend a lot of time in nature (forest and mountains). At least as important as creating a vision is the power and clarity to bring it into the world. This takes courage and will. Skills that have unfortunately become empty words these days.

That is what makes implementation and change so difficult. The prerequisites for this kind of action are, on the one hand, three core skills that we have to relearn and, on the other hand, a confrontation with three enemies that we encounter again and again when there are changes. The core skills are firstly the ability to open our mind, secondly the ability to open our heart and thirdly the ability to open our will. The three enemies on our path to action

are the voice of judgment - it blocks the opening of intellectual thought -, the voice of cynicism -, it blocks opening of the heart, and the voice of fear - it blocks the opening our will.

In order to meet the challenges of the future, we need a generation of people who have these core skills, regardless of their age.

And the best environment to develop these skills is an exceptional landscape that captures the magnitude and clarity of the mountains. That is why we will spend our time learning, designing and developing in the wonderful world of the South Tyrolean mountains. The South Tyrolean Dolomites are home to many wonderful spots and locations. After a long search, we found a very special place for our Mountain Seminar where we have experienced amazing things over the last 10 years we have been doing the Mountain Seminar.



"The mountains amaze us. The real blessing of the mountains is not that they are a challenge or an arena for us. They offer something gentler and infinitely more powerful: They encourage us to invent our visions and acknowledge miracles."

(Viktor Frankl)

GOALS & CONTENT

Creation of an individual timeline for a successful life.

Vision work with an ancient method that people on all continents used 6,000 years ago. We have reinvented or rediscovered them and shaped them for our time.

Intense work on the three bodies, especially with the chakras. We have transferred the energy fields of the chakras to the mountain where we are working.

Reshaping yourself through artistic work on the stone.

Discovering peaceful nature and awareness as an inspiring and never-ending source of meaning.

Working on the big and small questions of meaning (can, like, may, should) on the basis of logotherapy and the existential analysis of Frankl and Längle.

Getting to know and work with three new core skills for change and transformation.

Encountering people who have similar questions in order to seize opportunities.

WORKING METHOD

In order to achieve our goals, we need spaces and infrastructure that allow us to see and be aware of what is going on.

We also need spaces for reflection and quiet places that allow us to listen and connect to the deep sources of inspiration, creativity, and self.

And we need spaces and infrastructure for implementing and testing the new prototypes and options for action in practice.

All these spaces and infrastructures can be found in a uniquely beautiful and natural way in the surroundings of our seminar location in South Tyrol at over 1,500 meters (mountains, gorges, water, stones, meadows, views, etc.). Gerlinde

will also contribute her knowledge, in a variety of ways, gained from climbing all 8000m peaks on Earth. She will be giving a live lecture and teach some very special yoga exercises that she has developed. Gerlinde attended the Theatre Seminar and the Mountain Seminar in 2016 herself. The working methods in these places are based on our practice-tested knowledge from various schools.

Our Mountain Seminar includes hiking, chakra work, meditation, stone work, body work, sculpture work, vision work, and dialogue. You will spend one night all alone up on the mountain, away from the group, and work on your vision.





EVENTS

1. – 6. June 2025

PLACE & PARTICIPANTS

Our retreat is a small mountain village in South Tyrol at 1,560m far away from the city and roads, embedded in nature. What you can find here:

Space – time – calm – simplicity – deceleration, the ideal context for this seminar. The simplicity, uniqueness, silence and freedom on the mountain, the true and the beautiful. The area's attractions are all natural, some millions of years old. Sandstone canyons, porphyry gorges, founding stones from the Ice Age, larch meadows under the southern sun.

When you register, you will receive detailed directions from us. A room will be booked for you for the duration of the seminar.

The Mountain Seminar is aimed exclusively at participants who have already completed the Monastery Seminar and want to go one step further. Some have attended the open Monastery Seminar, some have experienced the internal corporate Monastery Seminar as part of a Leadership Development Programme. You are all very welcome.

COST & BOOKING

For the five-day seminar and a one-day workshop that takes place a few months after the seminar, both with Mr. Partner and Ms. Kaltenbrunner, 3,600€ excl. VAT, plus accommodation and meals. The price includes, among other things, complete equipment for

the night on the mountain, i.e. tent, sleeping bag, rucksack, mat, etc.

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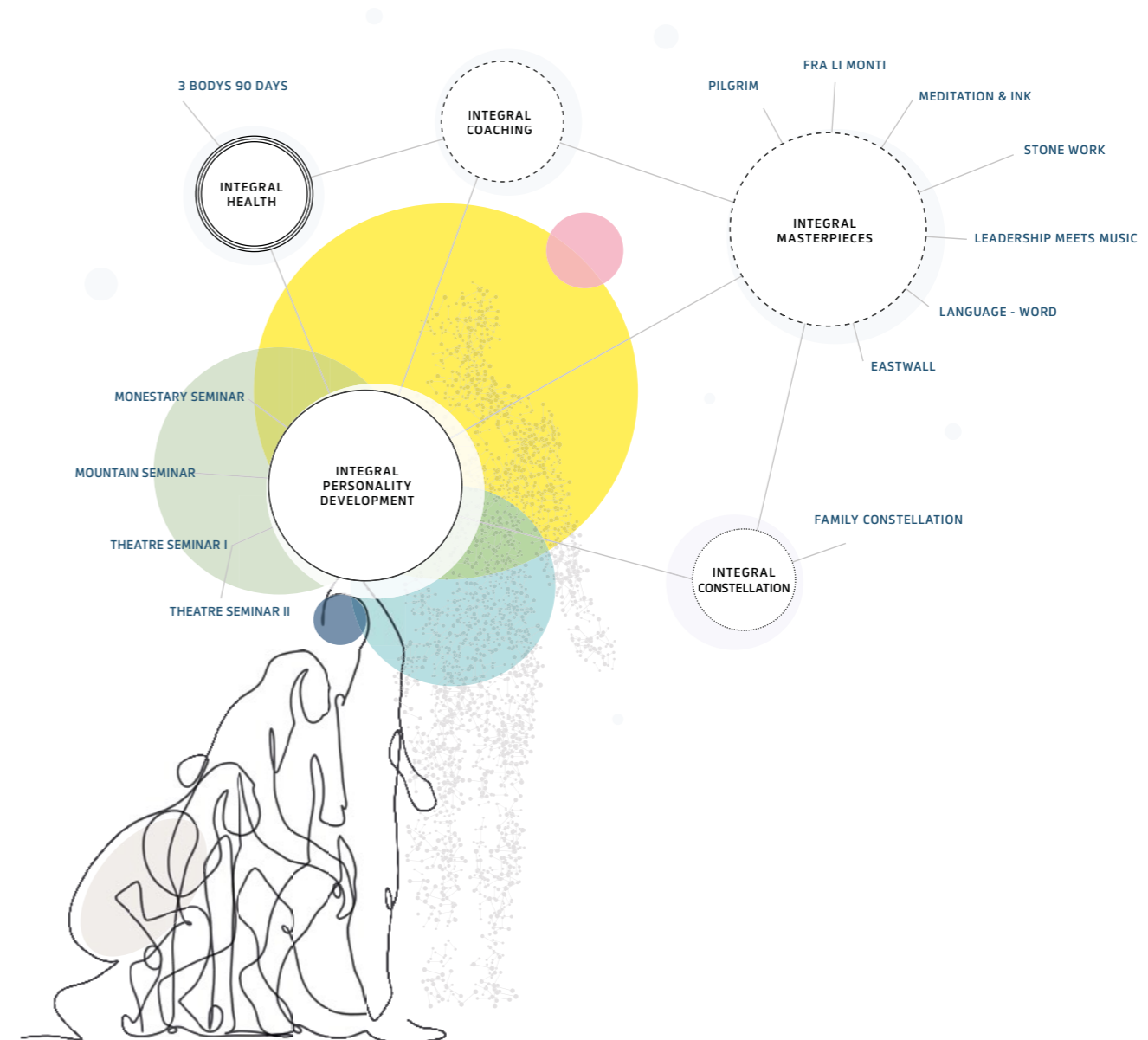
Participation is at your own risk. The organiser points out the dangers of mountaineering. The participant undertakes to take part in the safety introduction that takes place before the start of the event, to follow it carefully and to observe the instructions. The participant assures that there are no health concerns precluding their participation in the seminar. The organiser and their vicarious agents are liable in cases of intent and gross negli-

gence according to the statutory provisions. In the event of slight negligence, the organiser and their vicarious agents are only liable for injury to life, limb or health, or for breach of essential contractual obligations. The amount of damages for the slightly negligent breach of essential contractual obligations is limited to the foreseeable damage that is typical for the contract.

INTEGRAL SCHOOL OF THE ART OF LIFE

Over 25 years of practical learning and work with a few thousand people, a few hundred groups and companies from over 40 countries around the world have gone into this brand. The results are lastingly impressive and is something we are proud of and grateful for. A successful life includes the willingness, the ability and the will to clearly perceive, process and reflect on the world around us, to have new experiences and to respond to the challeng-

es of life. We do not feel committed to any particular scientific discipline, but combine the very best of different schools (economics, psychology, sociology, philosophy, art, music, sculpture, spirituality, alpinism, nutritional science, meditation, natural sciences, etc.) to form an integral understanding of learning, development and transformation in experiential spaces that we have developed over the years.



GERLINDE KALTENBRUNNER

Born in 1970. Ski school. Trained as a nurse, professional climber and lecturer. Her greatest dream – to climb an eight-thousand metre mountain – came true at the age of 23 when she climbed the Broad Peak sub-summit (8027m) in Pakistan. Since then, she has never been able to shake the thought of altitude and highest mountains. In the years that followed, she put what she earned as a nurse into various expeditions in the Himalayas and Karakorum. After climbing Nanga Parbat in 2003, her fifth mountain over eight thousand metres, she dedicated herself fully to professional mountaineering. With her ascent of K2 (2011), the second highest mountain on earth at 8611 metres,



she is the first woman to reach all eight-thousand metre peaks without the help of additional oxygen and without the support of high-altitude porters. At the end of August 2010, Gerlinde received the Golden King Albert Mountain Award. In 2011 she received the Gold Medal of Honour of the Republic of Austria. The National Geographic Society presented Gerlinde with the "Explorer of the Year 2012" award.

"For several years now, my passion has not only been for the highest mountains on Earth. Working with people also moves, touches and inspires immensely. Enthusiasm, devotion, gratitude, and the mindful, respectful and loving treatment of nature and all beings are the cornerstones of my life and work. I love to pass on my experiences, adventures and insights to other people in lectures and seminars. I am pleased and touched that in recent years I have been able to reach countless people from a wide variety of cultures, religions, and social classes."



CHRISTIAN PARTNER

"The central theme of my work with people is captured in a quote by the 18th-century Scottish poet Edward Young: 'Every man is born an original, but most die a copy'. Unfortunately, a wide variety of influences and conditions turn many people into copies. My work is about making the original visible again, 'drawing it out' in all its beauty and vitality. I succeed in doing this with simple and appropriate tools from a wide variety of fields (therapy, art, business, music, biology, medicine, etc.) and with over 25 years of experience, combined with great clarity. I am always amazed and moved by the wealth of possibilities people have at their disposal."

Apprenticeship, completed 2 hotel management schools, studied social and economic sciences, several years of management work, several years of work in an international management consultancy, entrepreneur, 2-year training in systemic organisational development, 4-year training in systemic family therapy and constellation work. Advisor, companion, coach and supervisor for people, groups and organisations in the for-profit and non-profit sector.



MOUNTAIN
SEMINAR



MONASTERY SEMINAR



THEATRE SEMINAR I



THEATRE SEMINAR II

INTEGRAL PERSONALITY DEVELOPMENT

Fascinating developments can be triggered in people when they can connect and communicate different viewpoints in an appreciative and clear manner in a safe space.

In our work over the last 25 years we have learned to network different knowledge and individual skills productively and mindfully for our participants. This has given rise over the years to a unique and fascinating way of working to develop people's personalities. The feedback from our participants and clients regarding their work in our unique "MONASTERY", "MOUNTAIN" AND "THEATRE" EXPERIENTIAL SPACES is impressive, moving and beautiful.

**We very much look forward
to working with you!**