



# THE SHIFT

TOWARDS GRATEFUL GRIEVING



## ABOUT OUR COMPANY

Gett Involved is an international training and development company for personal and professional growth, committed to the principle that people have the opportunity of creating fulfilling relationships, success and a life worth living. We offer a unique personal coaching and leadership program with world class trainers and coaches for anyone who is ready to take his/her life to the next level.

## ABOUT OUR COACHES AND TRAINERS

Our trainers are all highly qualified in making a difference in your life and others. Experienced in both live training as well as online trainings. Our Coachpool is a pool of dedicated CCA<sup>®</sup> internationally certified transformational coaches. They all have an organizational background in either HR, jobsearch, senior management or executive/ CEO level.

## ABOUT OUR METHODOLOGIES

In our training, coaching, and mentoring we work with transformative tools in emotional intelligence. Many of the tools and exercises are based on NLP (Neuro Linguistic Programming), positive psychology and experience-based learning. Through practical exercises, you will reconnect with your vision, qualities, strengths, and authentic self which enables you to create extraordinary results. In our programs we focus on unleashing both the qualities of individuals and teams.



# ABOUT THE COURSE

## WHY

---

The purpose of this transformational training is to transform the perception of these relationships and what happens by changing the inner narrative.

## WHAT

---

The Shift is a course to experience and learn how to grieve in a healthy way. We are not going to work with death, nor with the afterlife, but with life. This is a hopeful course. We spend our life grieving since we are born, moving from one stage to other in life, not only with death of people around us, but also with other variations of loss, like divorces, loss of friendships, money, health, loss/change in jobs, abortion, difficult relationships with important people in our life and more...

## WHOM

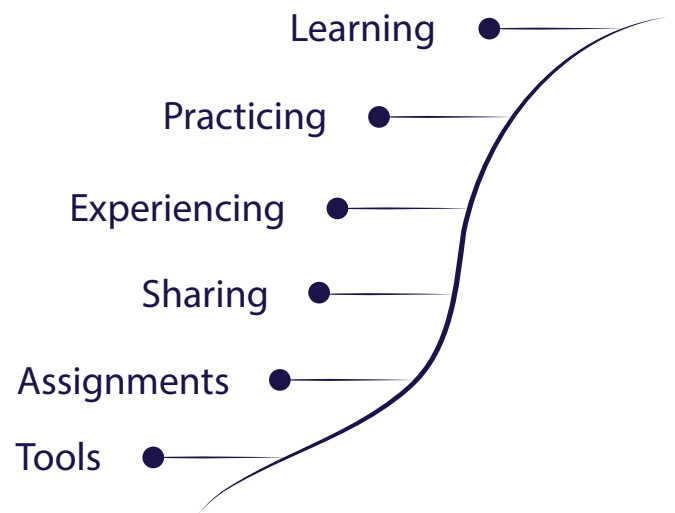
---

Everyone who has

- Suffered a painful loss of any kind, and with that also lost peace, serenity and (a part of) the joy of living.
- Relationships with children and/or parents who are going through difficult times
- Bonds with siblings that, for various reasons, are deteriorating progressively.
- Conflictive relationships with partners (or ex-partners) that are generating lack of communication and distancing.
- Experience with distancing with friends as a result of conflicting needs or misunderstandings.
- A family in crisis due to one of their members suffering from unbridgeable differences, mental illness, addictions, or behavioral disorders.
- Any other type of difficult relationship.



# Elements of the Shift Course ...



# PRACTICAL INFORMATION

**WHERE** | The course will take place online via Zoom.

**WHEN** | April 23<sup>rd</sup> - April 26<sup>th</sup> 2026.

**TIMETABLE**

<u>Thursday</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
16.00 - 21.00	16.00 - 21.00	10.30 - 17.30	10.30 - 14.30

*Endtimes can vary 30-60 minutes, depending on the flow of the training.*

**PRICE**

- €899,- incl. VAT (Personal rate)
- €1199,- excl. VAT (Business rate)

**TRAINER** | The course will be led by Nacho Perez Deco.

**PREPARATION**

- The course is open for everyone who graduated from the Advanced Course
- Before the start of the course you will get a preparation assignment. During the course you will get assignments to work on as a preparation for the next day. So keep in mind extra time for this next to the course hours above.





Gett Involved Leadership Trainings  
[www.gettininvolved.com](http://www.gettininvolved.com)