

# AUTHENTIC LEADERSHIP NATURE RETREAT

## Cape St Francis Resort | Eastern Cape | 2025

### with DR TINEKE WULFFERS

### Reflect. Realign. Reconnect. Lead.

#### Cape St Francis Resort Retreat Dates 2025

- 30 July – 3 August
- 17 – 21 September
- 12 – 16 November

Small groups | Max 12 participants

Custom dates can be arranged for private group bookings.

Join Dr Tineke Wulffers, international coach, academic and author for a unique **5-day Authentic Leadership Development in Nature Retreat** designed to help you lead with purpose - at work, at home, and within yourself. This unique coaching approach combines authentic leadership principles with the transformative power of nature to cultivate greater self-awareness, emotional intelligence, and values-driven leadership.

#### What is Authentic Leadership?

Authentic leadership means being true to yourself and your purpose- guided by values and integrity, no matter the context. It's a form of leadership that:

- Begins with self-awareness and deep self-knowledge.
- Encourages strength-based vulnerability and honest relationships.
- Builds trust and influence in all areas of life -not just at work.

This kind of leadership can't be taught in a classroom. It evolves through coaching, self-reflection, and conscious practice.

#### The Power of Nature-Based Coaching provides a calm, expansive space for leaders to:

- Reflect deeply on who they are and how they lead.
- Explore beliefs, behaviours, and emotional patterns.
- Reconnect with their purpose and potential.
- Develop a real-life leadership toolkit in an outdoor setting.
- Outdoor experiences - like walking, meditating, or observing- foster clarity, creativity, and resilience.

#### Why Combine the Two?

By merging leadership development with nature, we create a powerful, grounded space for:

- Personal insight and breakthrough thinking.
- Real-time leadership practice.
- Renewed focus and inner alignment.
- Growth that sustains across all areas of life- personal and professional.





### Who should attend?

- Formal and informal leaders (Men & Women) who wish to explore how to lead effectively at their highest potential, especially in times of uncertainty and stormy weather.
- Individuals who wish to lead self and others beyond position and by presence.
- Individuals that know that there is more to them than they currently reflect in their environment.
- Individuals wanting to create an environment that embraces belonging, inclusion and diversity.
- Individual who might sometimes struggle with self-doubt, and who are at danger of feeling like a fake; called the 'Imposter Syndrome'.
- Family and community members who generally feel a need to feel more comfortable in their own skin.

### How will you benefit?

- Understand what Authentic Leadership is, and what it is not.
- Understand the process of developing personal Authentic Self-leadership.
- Learn and practice the power of your "Internal Power Zone".
- Learn how Authentic Leadership enhances trust between self and others.
- Learn how one develops an Internal Compass, which can guide our thoughts and feelings, our speech and behaviour towards our "True North".
- Learn how Authentic Leadership enhances effectiveness in individuals and teams.
- Learn how Authentic Leadership enhances leadership effectiveness in individuals and their families, and in their wider social circles.
- Gain tools to boost self-trust, resilience, and purpose.

### High-level overview of the Authentic Leadership Nature Retreats:

**Duration:** Wednesday lunch time until Sunday mid-morning.

**Mornings after breakfast:** Authentic Leadership Development Journey in the conference centre. Participants will learn coaching skills at the outset of our journey, and will work as a group, in small groups, and sometimes alone.

**Afternoons after lunch:** Nature-based reflective activities (weather-dependent), such as:

- Silent Soul Meditation
- Boat cruise up the Kromme and Geelhout Rivers. At the end spend some time on reflections over refreshments at their river sanctuary.
- Guided nature walks, where we learn about fauna & flora, and history of shipwrecks and surroundings.
- Picnic and / or sundowners at sunset rock (optional)
- Beach walks (optional)

**Evenings after dinner:** Self-work/ Reflection & Journaling– preparation for the following day.

**Price per individual : R 29 500.00 (ex VAT )**

*Enquire about volume discounts*

**All meals and accommodation are included, as well as a complimentary copy of Dr Wulffers' book: Authentic Leadership Effectiveness for Individuals & Teams-A Coaching Approach**





# Client Feedback with Dr Wulffers Response

“I have never trusted unknown entities and I never realised that until we started working on discovering who I am, I was the biggest unknown entity in my life.”

**Dr Wulffers Response:**

“Once we know ourselves, warts and all, we become able to trust ourselves, and our gut, without necessarily always needing affirmation from others.”

“I finally realised that through our work, I have become strong. I know this because for the first time, I am prepared to be vulnerable.”

**Dr Wulffers Response:**

“This is called balanced- or strength-based vulnerability.”

“I used to be a people-pleaser, always allowing others’ responses to influence my decisions in my life, and now I have developed and am informed by my own internal power zone in everything I do; this has truly liberated me, and for the first time, even when things are tough, I am able to feel light.”

**Dr Wulffers Response:**

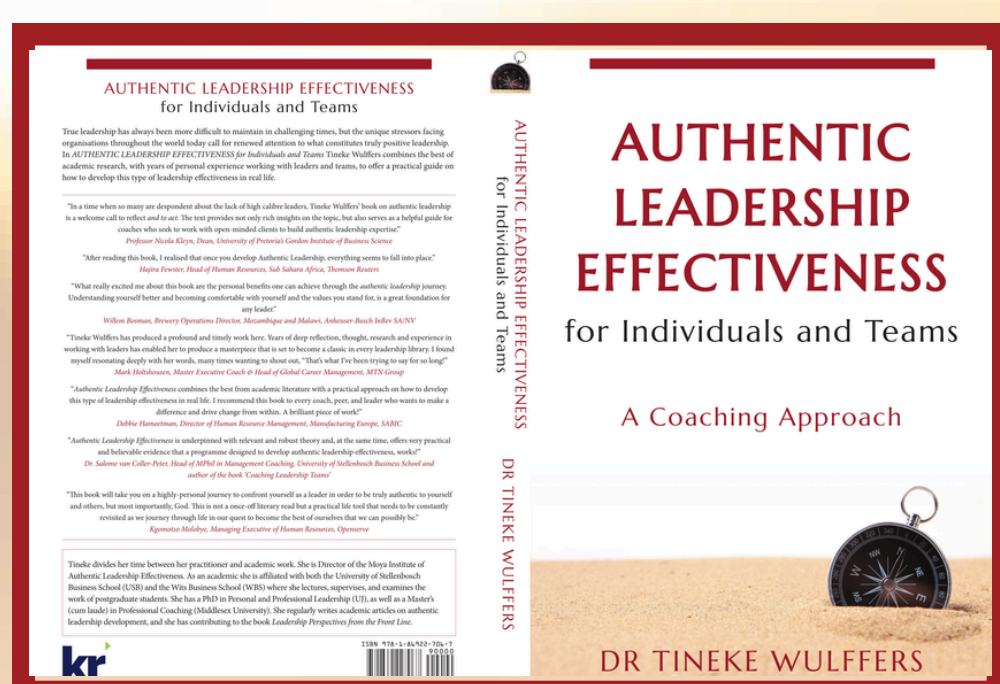
“Understanding how to use the power of our own internal power zone, is most probably one of the most liberating skills we can develop in our lives. The magic of understanding how this works, lies in the practice of it. Once we change the way we choose to show up, others have no choice but to respond to us in a different way. Sometimes we give away our power, and this is the process of claiming back our power.”

“People used to ask me if I eat bees for breakfast, as they refused to come close to me for fear of being stung. Now they ask me what I have for breakfast in the morning, and could I bottle some for them as well.”

**Dr Wulffers Response:**

“Developing authentic leadership starts with one’s relationship with oneself, and this is the hardest work we need to do. Once we have a positive relationship with ourselves, it automatically rubs off onto our relationships with others.”

## FOR MORE INFORMATION & BOOKINGS:



# Moya

Transformation Facilitators

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