

NATURAL LEADERSHIP

Leadership Development for 'Wild Women'

Over a six-month period, we explore the path to **authentic leadership**. This program is specifically designed for women who want to make an impact from their true selves in a world that often demands adaptation. Together with a group of like-minded women, we embark on this journey filled with challenges, discoveries, and natural growth. It is a comprehensive training program **consisting of five days, spread over a half year**, where exercises and experiences, coaches, and nature guide you professionally. The program concludes with an overnight experience, leaving you with renewed energy, a powerful vision, and a network of wise women that continues to support you.

The promise

- 🔥 **Authenticity:** Learn how to stay true to your own values. Develop leadership that truly suits you.
- 🔥 **Confidence & Visibility:** Stand strong, increase your visibility, and make your voice heard—even in environments where you are not always understood.
- 🔥 **Inclusivity:** Speak out, break down prejudices and stereotypes, and contribute to positive change within your organization and beyond.
- 🔥 **Vitality:** Set boundaries, make conscious choices, and rediscover your mental resilience. Discover how to harness your energy optimally.
- 🔥 **Community:** Surround yourself with inspiring women and experienced coaches. Learn from each other and from nature, which serves as a mirror and guide.



Michelle Hendriks
Coach, Trainer, Wildernessguide
& Leadership expert



De Natuur
4,5 billion years of life
experience



Nienke Hilhorst
Trainer, Ecopsychologist &
Wildernessguide



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THE PROGRAM

We follow a natural rhythm –
from grounding to flexibility, through strength and into focus.

North - Grounding

Establishing the foundation

Qualities: Silence, wisdom, grounding

Natural leadership begins by slowing down, finding clarity, and turning inward. Moving at your own rhythm. You begin to uncover your deeper values. From there, a solid foundation emerges.

East - Flexibility

The dance of adaptation

Qualities: Renewal, adaptability, perspective

This day is about the interaction between the individual and the collective. How can you stay true to yourself in a world that demands constant adaptation? What can Natural Leadership teach us about our organization as a dynamic, evolving system?

West - Focus

Letting go and setting direction

Qualities: Harvest, transformation, vision

In these final two days, everything comes together. You release what no longer serves you and sharpen your leadership vision. An overnight stay in nature deepens your connection to yourself and your intentions. During a special ceremony, you anchor your insights and next steps, so you can move forward with clarity and purpose.

South - Strength

Stepping into your power

Qualities: Energy, expression, courage

This is the day to strengthen your power and visibility. Through physical and mental exercises, you'll explore how to embody your presence, speak your truth, and protect your boundaries. Not just from the mind—your body is your essential guide. Fire symbolizes your energy and passion: how do you keep it burning while protecting your energy.

THE ESSENTIALS

5-DAY LEADERSHIP TRAINING
50+ hours
LEADERSHIP DEVELOPMENT
in & near nature.

FOR WHOM

- 🔥 Talented female professionals
- 🔥 At least 5 years of work experience
- 🔥 Ambition to make a positive impact
- 🔥 Openness to self-reflection and growth
- 🔥 Willing to step outside the comfort zone
- 🔥 Interested in holistic leadership

HOURS

North: morning & afternoon
East: morning & afternoon
South: afternoon & evening
West: 2 days incl. overnight stay

INVESTMENT IN YOURSELF:

€ 2.150,- excl. BTW

Tip: Many employers offer the possibility to reimburse personal development programs from available training budgets. Inquire with your employer about the possibilities or ask us for advice.

Are you paying for this investment privately? Then please contact us. In that case, a different rate applies.

4 NATURE AREAS IN THE NETHERLANDS

Within a max of one hour's drive from Utrecht

Including:

- 🔥 All necessary training materials
- 🔥 Professional coaches
- 🔥 Training locations in the middle of nature
- 🔥 Vital, organic 'expedition meals'
- 🔥 Coffee & tea in beautiful spots
- 🔥 1 comfortable overnight stay

Next open edition

October 3, 2025
November 28, 2025
February 6, 2026
April 16 & 17, 2026

Also possible
(and very effective)
as an **in-company**
journey for your
female talents

FACILITATION



Michelle Hendrikx

Trainer, Coach. Wildernessguide

Michelle has over 15 years of experience in leadership development and coaching, with a specialization in vitality and energy management. She has extensive experience guiding year-long programs for women in high-pressure environments and believes these programs become even more powerful when held outdoors—away from four walls and rigid systems where limiting beliefs often take root.

As a wilderness guide, she has a unique ability to design and lead programs where leadership, vitality, and nature come together. When she's not facilitating or coaching, Michelle loves going on adventures with her family—always seeking out the dirt roads.



Nature

>4 billion years life experience

An experienced leader with 4 billion years to her name. No résumé, no PowerPoints—yet she knows everything about growth, timing, and transformation. She has an impeccable sense of rhythm, always knowing when it's time to bloom, to shed, or to be still. She's a master of asking the right questions without saying a word. She doesn't judge, doesn't compare, and never pushes. Instead, she lets you discover for yourself what truly matters. Honest, patient, and surprisingly direct—if you pay close attention. At times a little unpredictable, but always genuine. Her specialties: clear boundaries, natural strength, letting go, perseverance, and new beginnings.



Nienke Hilhorst

Trainer, Ecopsychology, Wildernessguide

Nienke has a deep interest in why we make the choices we do, how beliefs shape us, and how we can create deeper connection—with ourselves and with others. She holds a background in Organizational and Ecopsychology and is an experienced Wilderness Guide, Trainer, and Regenerative Coach. Through her studies and adventures, she discovered that living authentically lies in the connection between head, heart, and body. Nienke encourages people to embody leadership in a way that feels effortless, powerful, and fulfilling. Her mission? To guide people in (re)discovering their true nature, so they can take their place in the world with clarity, confidence, and joy.



SURVITAL

EXPLORE • CONNECT • MOVE • GROW



Unearthed Ways

The first step is to connect

Curious to explore new paths?

Want to know more about the program?

We'd love to hear from you!



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