

# NATURAL RESILIENCE

## Resilient lifestyle, Mental strength, Focus, Purpose

Trees bend in the wind, plants bloom after drought, rivers find their way — nature embodies resilience. It adapts, finds balance, and grows through uncertainty.

We, as human beings, may live in physical comfort — but mentally and emotionally, we're often stretched thin. How do you stay grounded when everything around you keeps shifting? How do you find focus, energy, and perspective in a world that demands constant change?

Survital offers workshops and expeditions in nature to help employees and teams reconnect with their vitality and resilience — and return to work and life with renewed strength.

## FOR

- 🔥 Leaders aiming to enhance resilience
- 🔥 Teams during times of change
- 🔥 Sustainable organizations with a focus on well-being
- 🔥 Everyone seeking resilience and vitality

## Results

- 🔥 More energy and mental balance
- 🔥 Insight into stress patterns and decision-making
- 🔥 Improved collaboration within teams
- 🔥 Healthier and more sustainable ways of working

EXPLORE \*  
CONNECT \* MOVE \*  
GROW



**3 Workshops**  
afternoon and (early) eve



**Resilience Day & Night**  
13h till 14h next day



**Expedition Resilience**  
(At least) 4 days



**SURVITAL**



Contact Us  
**+31(0)628405541**



Email  
**info@survital.nl**

# WORKSHOPS

Off the beaten track

## RESILIENT LIFESTYLE

Say goodbye to your comfort zone (and your chair). We're heading outdoors to learn from nature which lifestyle choices boost your resilience—and how to support your body in the best possible way.

**ADAPT & RECHARGE**

Including  
"biomimicry" hike  
(+/- 5km)

### Optional locations

Hilversumse Hei  
Veluwe Bossen  
Loonse Drunense Duinen

## PERFORMING UNDER PRESSURE

Learn to recognize stress signals and develop strategies to regulate tension and maintain a healthy focus. In a team setting, we also enhance mutual understanding and cooperation under pressure.

**MENTAL RESILIENCE, FOCUS**

Including 'wilderness  
rescue' simulation

Including 'eco walk' &  
making fire

## FIRE & FULFILLMENT

How do we stay connected to our true nature? What fire and longing live within us? We take a step back to look at our lives from a wider perspective, then zoom in on what brings meaning to our everyday life and the choices we make.

**VALUES, PURPOSE**

## RESILIENCE DAY AND NIGHT

In this program, we stay at an inspiring location and weave the three workshops into one coherent experience.

We play with light and darkness, tension and release, comfort and discomfort. Along the way, we discover ourselves—and each other—in new ways. The nighttime sessions, whether around the campfire or deep in the forest, offer powerful insights and leave a lasting impact on your resilience.

**Physical, mental/emotional & spiritual balance**

### Costs per TEAM

Workshop (1 days): from €2450  
Day & Night (2 days): from €4900

### Discount on these dates.

Tue sept 23, Wed sept 24

other data upon request

**30%  
OFF**

**What does your team need right now?**



# EXPEDITION RESILIENCE

## Peaks and Valleys

Do you want to truly embed resilience and vitality into your DNA? Join us on an expedition. Just like real life, this adventure has its highs and lows. We use nature as a mirror and blend coaching with hands-on, experience-based challenges. You'll learn to push your boundaries and discover how to stay resilient in the face of adversity.

We focus on physical, mental, emotional, and spiritual energy. Along the way, you'll also pick up some practical bushcraft skills. The realization that you can thrive with just the basics adds a powerful edge to your resilience!



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# FACILITATION



## Michelle Hendrikx

Trainer, Coach. Wilderness guide

Michelle is the driving force behind SURVITAL, bringing over 15 years of experience in training and coaching in leadership development and vitality. At Lifeguard, she partnered with Martin for several years to design and deliver energy management programs. As a certified wilderness guide, she is uniquely equipped to create and lead workshops where leadership, vitality, and nature come together.

Endlessly curious, she loves to wander off the beaten path and finds joy in both grand journeys and the magic of everyday moments. What she discovers, she loves to share—with openness, wonder, and a spark of enthusiasm that invites others to explore too.

## Nature

>4 billion years of life experience



With over 4 billion years of life experience, nature is a powerful source of inspiration for vitality and resilience. No matter how carelessly some of her inhabitants treat her, she always finds a way to adapt, to heal, and to grow. Within her rhythms, her stillness, and her movement lies a deeper wisdom—visible in the seasons, tangible in the elements. Nature is our most patient guide. She does not judge, impose, or act out of fear or ego. She asks questions without words, invites us to feel rather than explain, and to be rather than do.



## Martin Pet

Vitality Expert

Martin seems to have an endless supply of energy and positivity, ever since he was young. He lives to combine that energy with his knowledge and skills in the areas of vitality, personal leadership, and resilience.

With this blend, he inspires and empowers the people around him to achieve sustainable high performance. With a background in psychology and movement sciences, Martin has spent years developing vitality programs for Lifeguard and regularly works as a speaker, trainer, and coach for a wide range of groups. He's deeply driven to make a positive impact at SURVITAL as well—on the health, resilience, and happiness of everyone who takes part.





# SURVITAL

EXPLORE • CONNECT • MOVE • GROW

## 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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More information  
**[www.survital.nl](http://www.survital.nl)**  
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