

**Insight**

'Life

is all about doing the right things good.'

**Conviction**

'The

right things' means making choices. 'Doing the right things *good*' is about our behaviour, our talents and our knowledge and skills. We are convinced that there must always be room for personal growth first. Make time for yourself!

**Promise**

We

help you find your growth space and will teach you how to (continue) to use your growth potential in a pleasant way.

**How do we help you grow?**

Our offer is diverse. From individual guidance on a specific theme to integral in-company programs. And from a youth consultation hour to bore-out prevention for pensioners.

Our base: TAKE5

TAKE5 is our foundation. That's how it all started. TAKE5 is a retreat process in which we guide you in gaining insight and grip on the most important pillars of your current (and future) life: your choices and behaviour.

**Curious for more info? Please fill in the contactform on our website**

**Christine en Ryan**