





body  
  
brain

## LTC Boost

Busy times demand a lot of you, both mentally and physically. Sometimes it feels like you are merely surviving. But what can you do to restore the balance? That is a question you can not answer. Or do you simply feel like your life is moving on without anything giving you energy?

In the LTC Boost training you will self-consciously get moving with practical exercises. Get rid of old patterns, recognize your pitfalls and improve your emotional resilience.

LTC 

# LTC Boost

**LTC Boost operates using experience-based exercises that touch and release the core. It tackles your entire life- and work style. We will make visible what the core of your problem is and provide alternatives. In addition to experience-based exercises we will also make an impact at the cognitive, emotional and behavioural level, together with you.**

**Together with a group of like-minded people, you will actively work on your questions, wishes and needs. With a beautiful mix of theoretical and practical exercises you will learn how to take control again and how to transfer your wishes into realistic goals and actions. With a personal action plan and the support of a coach you will lay a solid foundation for your ongoing development and future.**

## Something for you?

- ▷ You have felt agitated for a long time.
- ▷ At the end of the day your energy is completely gone.
- ▷ It feels like you are in survival mode.
- ▷ You experience symptoms that are related to stress, work pressure, burn-out or insecurity.
- ▷ You experience physical complaints like SOLK (= somatically inexplicable physical complaints), heart problems or whiplash.
- ▷ You are re-integrating.

## What is in it for you?

- ▷ You are challenged to see consciously who you really are.
- ▷ You are addressed on your authenticity.
- ▷ You will find the balance again in vitality.
- ▷ You will learn again how to stand for who you are.
- ▷ You will learn how to listen to your body as your best coach.
- ▷ You will write an actual action plan.

## What will you do?

- ▷ You will start with an online intake, a preparatory session is optional.
- ▷ You will follow an intensive 2.5 days' training in an inspiring environment.
- ▷ Together with approximately 12 like-minded people you will lay a solid foundation for new energy and further development.

- ▷ Your participation in the LTC Boost will be concluded with a personal action plan and two coaching sessions or intervention in a small group.
- ▷ Your participation in the process will last approximately six months.

## What are the costs involved?

- ▷ Following the training LTC Boost will cost you a one-off amount of € 1,816.= excluding VAT.
- ▷ There are possibilities to get this (partly) reimbursed by your medical insurance company.
- ▷ Colleges and their employees may make use of the work-related healthcare package Livvit. This is a package of facilities and services specifically compiled for Higher Education Colleges, that can be used to prevent absenteeism and to improve your health. The LTC Boost training is eligible for reimbursement. Please look at the [Livvit-guide](#).
- ▷ Application for reimbursement can be done via the helpdesk Livvit 071 3652100 or [werkgeversdesk@zilverenkruis.nl](mailto:werkgeversdesk@zilverenkruis.nl).

## How do I apply?

No Livvit or Present insurance?

Apply in that case via [info@ltctraining.nl](mailto:info@ltctraining.nl)

**“ The exercises are really simple,  
which is exactly why I learned so much about myself. ”**



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