



Transforming Self Program

A 3-day course that helps leaders gain self-awareness, to lead in complexity and deliver better business results.



CORPORATE
EVOLUTION

IMPLEMENT
CONSULTING GROUP_

"What got me here, won't get me there."

In today's fast-changing world, leaders are challenged with how to engage their people, resolve competing stakeholder need, deliver on business targets whilst finding work/life balance. This defines what an adaptive leader needs to be.

Transforming Self is a leadership development program designed for leaders seeking renewed purpose and growth.

Taking a point of departure in key business challenges that the leaders face, we deep dive into values, transformation theory and their sense of purpose.

This leaves leaders with self-awareness and the ability to navigate business challenges with **authenticity and impact**.





"We cannot solve our problems with the same thinking we used when we created them."

OUTCOMES OF THE COURSE

- Solve complex challenges from a new perspective
- Become highly self-aware
- Learn how to shift reactive triggers
- Understand what it means to live your values fully
- Connecting and Aligning with Personal Purpose
- Make a bigger difference in your work and life
- Improve levels of trust, influence and collaboration
- Create the environment for one's whole team to transform.



Integrating Business Experience and Leadership Research



This program has been integrated with the latest leadership research which supports what is needed of leaders in today's VUCA world. These modalities support a focus on values and expanding consciousness in a way that transforms your leadership.

Gita Bellin & Associates: Personal Transformation

Richard Barrett, Barrett Values Centre: Seven Levels Of Consciousness Model

Lisa Doig, Corporate Evolution: Values & Consciousness

Ron Heifetz, Harvard University: Adaptive Leadership

Dr John DeMartini: The Collapse Process

Robert Kegan, Harvard University: Adult Stages Of Development

Bob Anderson: The Leadership Circle Profile

Otto Scharmer, MIT/ Presencing Institute: Theory U

Byron Katie: The Work, Letting Go Of Beliefs

What to expect on the journey



Onboarding

Welcome Email

Introduction call



Preparing

Values survey and
perceptions survey

Read two articles

Listen to a podcast



Gathering

3 day gathering

Theory and reflection

Set in nature

Integrative
movement



Practicing

Leadership
experiment

Optional:
Values coaching

Join Us

Facilitators & Coaches



Katrina Marshall Dyrting

Katrina is a transforming self facilitator, coach, and consultant. She helps leaders and organisations to be more fit for the future. Katrina has experience working with the human side of transformation and enabling people (and their organisations) to overcome significant barriers to change.



Kathrine Hjorth

Kathrine is a personal transformation facilitator with speciality in embodiment – passionate about how to invite the body into leadership journeys to increase chances of lasting behavioural change.



Lasse Sørensen

Lasse is an executive coach, advisor and consultant. He is particularly passionate about the nature of human transformation working primarily with clients to help identify and tackle adaptive challenges in complex transformations with a focus on business result creation.

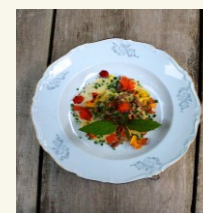
Guest Facilitator



Lisa Doig

Lisa is the originator of the Transforming Self Program. She is recognised as a pioneer in the field of values and consciousness, and training practitioners in profoundly transformational leadership development programs that are accessible to business leaders.

Location



Rødvig Kro & Badehotel

The 3-day course takes place within approximately 1 hours' drive from Copenhagen. Set by the sea, the surroundings provide the right setting to slow down, learn and reset – getting you ready to return to work with energy and focus for impact.

Upcoming Cohort

8-10 October 2025

16.500 DKK + VAT

Excluding meals and accommodation