

Dealing with Fear 2-day workshop

Linko Management Consultancy TB was founded by Tom de Winter. Tom studied social sciences, Authentic Haptonomy, and cranio-sacrale therapy. Tom has a practice in Amsterdam and Oosterbeek, near Arnhem The Netherlands. Tom has over 30 years of experience as an international workshop trainer for companies and members of the public. In his workshops Tom guides participants in their mental, emotional and spiritual development by means of bodywork.

If we have lost the key to a healthy, loving and harmonious life, we do not trust ourselves anymore. We are hesitant in our choices. We don't know what we feel.

Fear beforehand is the result in trying to take action. Because of fear we can become apathetic and we dare not take risks. Fear leaves us paralyzed and blocked and we experience that life lives us instead of our living life.

Goal

In this 2-day workshop we get to the root of all ingrained fears. Where there is fear, energy cannot flow. By making your fears tangible, they become an aware part of you so that they can be transformed into dynamic life energy.

Contents of the workshop

By listening to fear experiences of others you will discover which fears you have yourself. You will learn to recognise the several ways in which fear reveals itself through signals from your body and from your subconsciousness. You will be offered practical physical exercises to bend your fears into positive life energy.

Practical information

When a workshop takes place in Eastern Europe, a local language translator is present.

Workshop price: 75,- euro per person per day, travel expenses and accommodation excluded.

For dates and locations, please consult the [WORKSHOP SCHEDULE](#) on [Linko.org](#) or contact one of the [COORDINATORS](#) in your nearest town or country, listed on the same website.

There are brochures of the following Linko workshops:

- [Flower of Life workshop](#)
- [The Art of Self Healing](#)
- [The art of Selfrealisation](#)
- [Servers of the Divine Plan](#)
- [Indigo Children](#)
- [Creative Learning](#)
- [The Alchemist Within Us](#)
- [The Exchange of Uniqueness](#)
- [Workshop for Men](#)
- [Workshop for Women](#)



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