



NORTH
CONSULTING



LIFE
PERSONAL DEVELOPMENT RETREAT

LIFE invites you to embark on a transformative journey unlike any you have experienced before.



Our Invitation

It is a passage into an exploration of self and the world around you. In the heart of a vibrant learning community, you will delve into the core of your values and beliefs, uncovering layers of meaning that have shaped your life.

Together, we will engage with some of life's most profound questions, drawing inspiration from an array of philosophical, religious, and cultural texts, as well as the shared stories and experiences of each other.

Through this process, you will encounter diverse perspectives that challenge, expand, and enrich your own. As you reflect on what it truly means to live a life worthy of your humanity, you will emerge with new insights, deeper understanding, and a renewed sense of purpose.

This journey of transformation culminates in a powerful reorientation – a recommitment to your life, equipped with clarity and conviction to lead with intention and authenticity.

This is your opportunity to rediscover yourself and live a life of meaning.

LIFE PERSONAL DEVELOPMENT RETREAT

Our LIFE

Our *LIFE* journey is based on an approach originally developed at *Yale University* in 2014 called *Life Worth Living* (LWL).

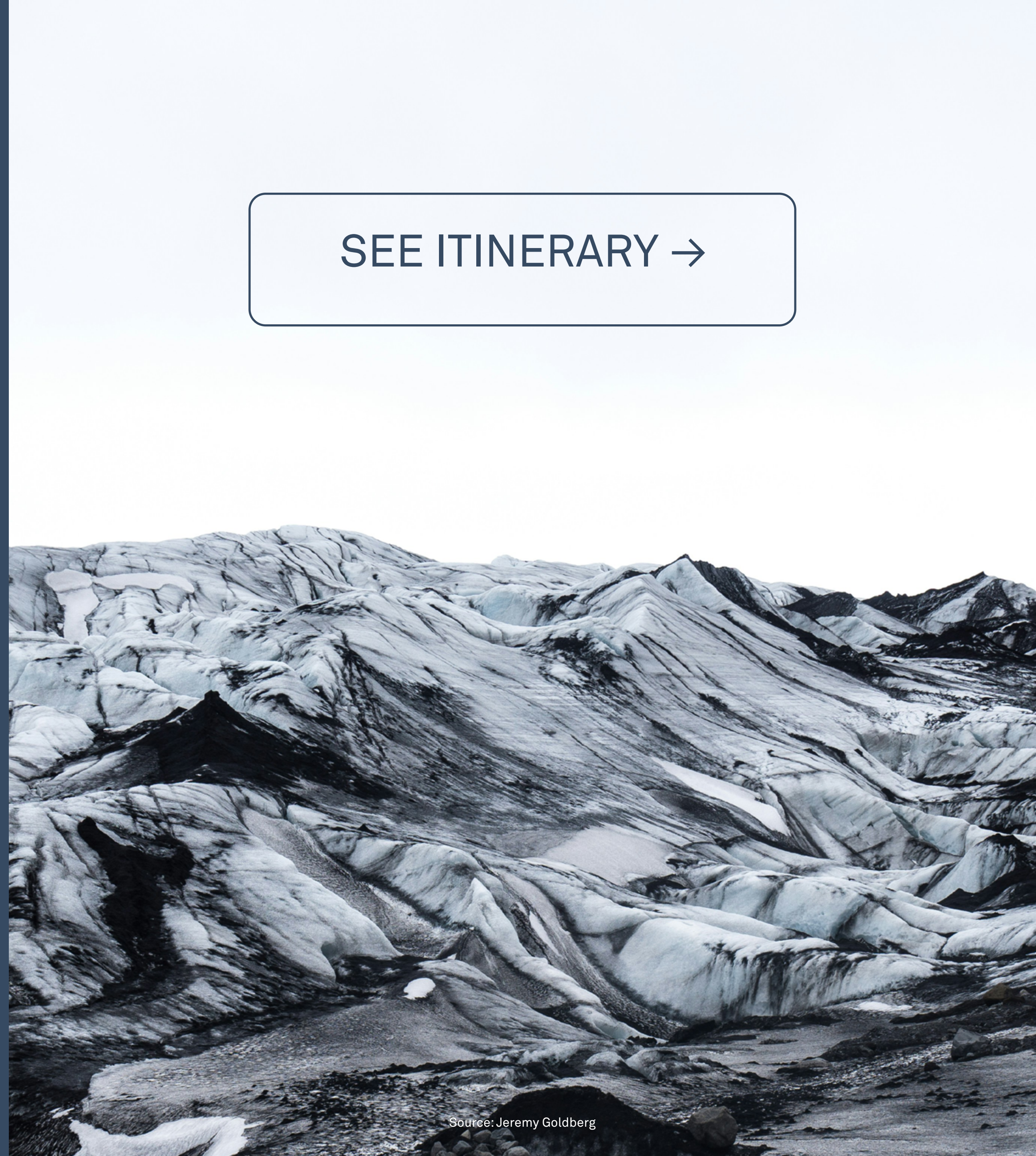
With this approach participants ask themselves a fundamental life question:

What is the shape of a flourishing life?

This question lays the foundation for the search for purpose and meaning. It is a question everyone answers every day, often unintentionally.

Through a careful process of exploring several questions such as; To whom am I responsible? How should I act? What do I do when I fail? What should I hope for? participants take part in a transformative process in which they encounter themselves and others, and importantly difference.

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Our Facilitators



Andrea RC Kasper is Senior Educational Consultant at *NORTH Consulting*. *Andrea* has been involved with *LWL* since 2019. Inspired by the work and envisioning its application well beyond higher education, she was eager to expand *LWL* within education, personal development and organizational leadership upon her move to Iceland and being hired at *NORTH Consulting*. By bringing together her experience and knowledge in leadership and the evolution of *LIFE*, she works to enhance leadership practice and personal development by strengthening relationships and accountability with renewed clarity. *Andrea* is a multinational who has lived in five countries (Israel, United States, Japan, Panama and Iceland).



María Kristín Gylfadóttir is the founder and General Manager of *NORTH Consulting*. *María* was instrumental in bringing the *LWL* approach to Iceland and into Europe, by designing and developing a multi-national European project in which the *LIFE* journey was born. As a seasoned facilitator and leadership trainer, *María* ensures that participants stay focused and engaged, and are supported in facing the most challenging of questions and situations. *María* has lived in three countries, Iceland, United States and Belgium; she is passionate about learning new cultures and their histories. She brings this experience and curiosity to bear in all areas of her work and life.



Your Journey

Begin your LIFE journey in the breathtaking surrounding of Iceland's natural beauty. Set amidst a stunning backdrop, *LIFE* offers an unparalleled opportunity to immerse yourself in an environment of serenity and inspiration.

The nature of Iceland becomes an integral part of your journey, a companion, offering clarity, grounding, and perspective as you delve into life's big questions.

This is your time. This is your space.

Join us in Iceland 21-26 April 2025 to begin a journey that is as extraordinary as the land itself.

Investment in Your Renewal: \$ 7,500

Bring a Friend: Share the experience with a friend and receive 15% off, reducing the cost to \$ 6,375 per person for shared accommodations.

Spaces are limited: Reserve your place today to join this once-in-a-lifetime journey in one of the world's most extraordinary destinations.

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Your Contact

BOOK LIFE NOW →