

EXCLUSIVE RETREAT

20/21 SEPTEMBER 2025 - CHAMONIX

EXCELLING YOUR FAMILY DYNAMICS NAVIGATION SKILLS

For members of enterprise families who want to become more effective in navigating family dynamics and shake the trees

EMPOWER YOURSELF FOR CHANGE

Do you feel lost and powerless at the sea of family dynamics and would like to have a greater sense of agency and influence for more productive discussions in the family? Is shame and guilt part of what you experience?

WHAT WE ARE AWARE OF, WE CAN MANAGE, WHAT WE ARE NOT AWARE OF, MANAGES US.

True power comes from understanding. Raise your contextual and relational awareness on family dynamics in a peer-development setting and unlock your full potential to influence family dynamics positively with more presence for effective communication.

Learn to be- and maintain more presence in the light of strong personalities for productive dialogues characterized by mutual respect.

WHY ATTEND?

The implicit mandate of the next generation is to shake the trees which is easier said than done, because the inertia of the predecessor system can be hard to overcome.

It needs determination and resilience to overcome the inner and outer hurdles to succeed while maintaining good relationships in the family, which requires 2 key skills everyone can learn:

- **Emotional Intelligence** to reduce impulsivity and reactivity – the antecedent of social intelligence
- **Social Intelligence** to form genuine social connections with others for effective communication

AUTHENTICITY

Members of multigenerational enterprise families share their experience and insights from acquiring resilience through structured reflections and how they navigated through the fires of family dynamics.

“We wished for such a retreat when we went through the fires of family dynamics – but it didn’t exist back then – that’s why we are creating it today”

(Dominik v. Eynern, founding member of Family Hippocampus)

During this peer driven retreat, you will dive into a self-care program, learn applicable methods to enhance your resilience, deepen your understanding through structured reflections guided by coaching frameworks. You will gain new perspectives through peer-to-peer exchanges in a safe space.

RETREAT PROGRAM

The program focuses on interactive peer-group learning with proven coaching frame works for structured reflection, group activities and presentations.

TIME	19 SEP	20 SEP	21 SEP	22 SEP
7:00 – 7:30		Consciousness training (optional)	Consciousness training (optional)	Consciousness training (optional)
8:00		Breakfast	Breakfast	
9:00		Connecting Self-care & family dynamics	Consciousness training & reflections from day1	Breakfast
10:00		Consciousness training	Family constellation - introduction	End of retreat
11:00		Coffee break	Coffee break	
11:30		Family hippocampus sharing panel	2 family constellations	
12:30		Lunch	Lunch	
14:00		Consciousness training	Consciousness training	
14:30		Participants sharing session	2 family constellations	
15:30		Coffee break	Coffee break	
16:00		Contextual & relational awareness session	3 family constellations	
17:30		Consciousness training	1 family constellation	
18:00		Reflections & end	Consciousness training (30 mins) & reflections	
19:00	Welcome note & dinner	Dinner	Dinner	



**FAMILY
HIPPOCAMPUS**
learning • sharing • developing

RETREAT DETAILS

Location:



Hotel La Couronne

285 rue Charlet Straton

7440 Chamonix-Mont-Blanc

France

www.hotelcouronne.com

Tel: +33 (0) 4 50 54 00 02

Dates:

Arrival: 19 September with welcome dinner

Retreat: 20 September 2025 & 21 September 2025

Leaving: 22 September after breakfast

Required investment in yourself:

€ 2'955 + VAT if applicable for:

- Accommodation and meals (no alcohol for the entire duration of the event!)
- Retreat venue & program - by families, for families!
- Small peer- group of 10 participants creating a peer-ecosystem!
- Consciousness training & structured reflections with the [Family Hippocampi](#)
- A psychological safe space – as family members we know what's at stake!

Give us a call and sign up today!

Your Family Hippocampi

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www.family-hippocampus.com