

# Summer Academy 2026

## More Impact Without Exhaustion

A balanced summer boost in personal leadership. Return from your vacation with a clear compass, more courage, and concrete actions for greater impact.

### Personal Leadership Program

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- ✓ Discover your leadership style
- ✓ Break limiting patterns
- ✓ Own your boundaries & choices
- ✓ Build sustainable impact
- ✓ Leave with a concrete action plan

**August 27 & 28, 2026**

Leusden · 9:30–17:00 | English version  
[therechargery.com](https://therechargery.com) · [thehappyexpats.nl](https://thehappyexpats.nl)

# Maybe you recognise this:

- **You often say yes,** even when your body says no
- **You carry more than is yours,** at work and at home
- **You're always 'on'** and find it hard to switch off
- **You create impact,** but your recovery falls behind
- **You're strong for others...** and strict with yourself

## The Good News

Impact doesn't have to be exhausting. It becomes exhausting when you don't take ownership.

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### After 2 days you will be able to:

- ✓ Take ownership without taking everything on
- ✓ Make choices based on values and energy
- ✓ Communicate boundaries clearly and kindly
- ✓ Recognise stress signals early and adjust
- ✓ Increase impact through focus & accountability
- ✓ Start a concrete behavioural action plan

# Goal: Sharpen Your Personal Compass

Real personal and professional development requires self-knowledge. In this two-day Personal Leadership training you lay the foundation for your development by exploring: who am I? Where are my strengths? Which patterns help or hinder me?

## Life Line & Values

Discover your personal history and core values through the 'kitchen table exercise'. Connect your past with your future.

## Patterns & Barriers

Explore automatic reactions, beliefs, and habits. Create space for more conscious, intentional leadership.

## Inspiration & Focus

Clarify your personal development goal. Move from insight to a concrete action plan for growth.

# Programme Structure

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01

## Insight into Patterns

*What do you do when things get tense? People-pleasing, pushing through, procrastinating, or overcompensating.*

- Your automatic reaction (and why it once helped)
- Stress & overload signals: head – heart – body
- Your impact pitfall: where your strength goes too far

02

## Ownership Without Taking Over

*Here we make it practical and hands-on.*

- What is mine / what belongs to someone else?
- Return responsibility without irritation
- Saying no without an explanation marathon
- Clearly asking for support and exercising influence

03

## Sustainable Impact

*Impact becomes sustainable when you take focus and recovery seriously.*

- Your energy compass: what nourishes you?
- Clarity on what must, what may, and what stops
- One 14-day behaviour experiment for immediate change

# What Others Say

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*Allard creates a safe environment, took time for what was needed and adapted. He has deep expertise in collaboration and positive communication. I highly recommend him.*

**Kelly M. · Regional Manager**

“

*I found the training good, open, and safe. There was attention for everyone. What appealed to me most was the variation and movement.*

**Anouk V. · HR Advisor**

“

*There was a strong sense of safety from both the trainer and the group. What stood out was the space to properly discuss topics that regularly came up.*

**Gemma B. · Senior Project Leader**

“

*It is easy to have an open conversation with you and very few topics seem off-limits. In short: you create a truly safe environment.*

**Roos Z. · Project Manager**

# Our Approach

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We work the way life is: sometimes clear, sometimes messy, often busy.

That's why we make it experiential: practice, reflect, apply. With humor where possible and depth where needed.

You leave with behavior you can implement immediately, not just a folder of insights.

## **Integration (insight is nice, behavior is better)**

- ✓ Buddy check-in after 10 days
- ✓ Short online pitstop (30 min)
- ✓ 1 experiment: one conversation, one boundary, one choice

# Meet Your Trainers

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## **Allard Klok**

### **Team Coach & Programme Developer**

20+ years guiding teams and leaders. He helps people work smarter, collaborate more effectively, and stay motivated, especially in times of change.

## **Simon Jansen**

### **Strategic Career & Life Coach**

Former Managing Director at Dutch banks. Helps international professionals find clarity, energy, and purpose. Warm style, sharp focus on what matters next.

# For Whom & When

## Who Is It For?

- ✓ Professionals who want to make more impact
- ✓ Those who want to take ownership of work, life, and leadership
- ✓ Organisations choosing sustainable, resilient employees
- ✓ Anyone ready to do honest self-reflection
- ✓ No prior training required

## Dates, Location & Investment

**August 27 & 28, 2026**

English version (this session)

**Leusden**

9:30 AM – 5:00 PM, lunch included

**Group size**

Min. 5 · Max. 15 participants

**Early bird: €925**

Regular price: €1,075 · incl. VAT

**80% use development budget**

Invoice for employer available

*No mandatory homework · We encourage applying techniques in your work ·  
Group learning and individual coaching ·  
Dutch version: 16–17 July 2026*

# Frequently Asked Questions

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## Is this therapy?

No, it's training. We work with recognisable patterns, always focused on: what will you do differently from tomorrow? Practical and safe.

## Do I need to talk a lot?

You'll definitely talk, but mostly do things. Short reflections, smart exercises, real situations — at work and in private life.

## What do I take home?

Your personal ownership compass (1 A4), 3 sentences for boundaries and choices, and one 14-day behaviour experiment with a clear plan.

## Is it mainly professional?

Both. Ownership, choices, boundaries, responsibility, inner calm, applies equally in a meeting and at the kitchen table.

## What if I fall back?

We build it smartly: one achievable experiment, small enough to sustain. A buddy and pitstop help. Relapse is not failure, it's data.

## I've done many trainings. Will this add value?

Especially then. Less 'yet another insight', more: choose, practise, apply. Many participants say: 'Finally something that sticks.'

# Ready to make impact without burning out?

**Join the Summer Academy 2026**  
**August 27 & 28 · Leusden · English**

Early bird price €925 (until May 1, 2026) · Regular €1,075 · Max. 15 spots

**Reserve Your Spot: [allard@therechargery.com](mailto:allard@therechargery.com)**

## Contact & more Info

 [thehappyexpats.nl](https://thehappyexpats.nl)

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