



TRAJECTUM

DESCRIPTION

DREAMERS WHO DO. IN ACTION Hybrid Seminar

SPRING 2024

TRAJECTUM

Hilde Helsen – Founder

Registered office:

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DREAMERS WHO DO.IN ACTION

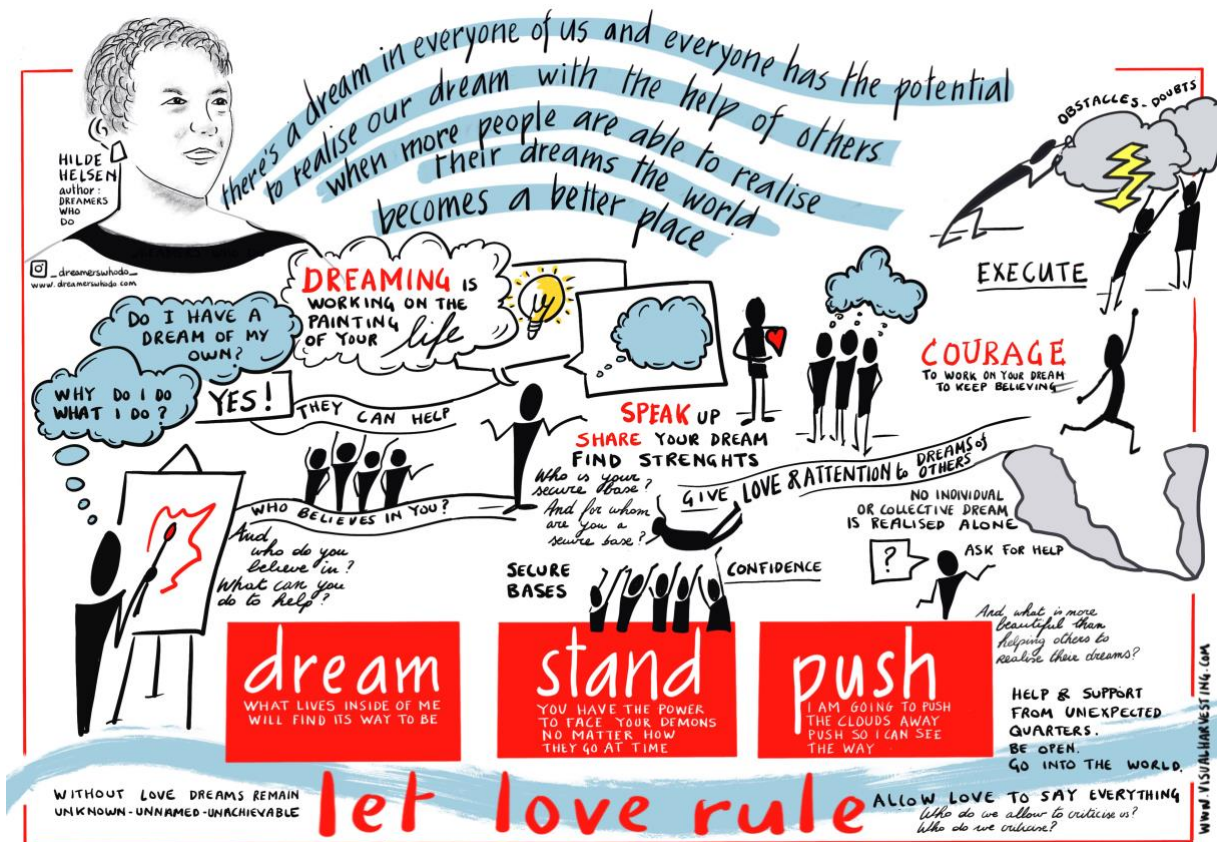
All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible.

T.E. LAWRENCE

DREAMERS Who DO. in Action Hybrid Seminar is an intensive and interactive coaching trajectory based on the DREAMERS Who DO® . model (larger view in addendum). Another open series will take place in the Leuven area during the week of March 18th, 2024 starting with a 1 hour Kick Off on March 8th, 2024.

This program can also be organised in-company, at any location and tailored to your organisation's specific needs.

DREAMERS who DO. is also the title of the book written by Hilde Helsen and published by LannooCampus in September 2018. www.dreamerswhodo.com



Hilde's TED Talk 20/05/2019: <https://youtu.be/dOqsdjyvdMQ>



WHY

Because I believe a dream lives in each of us.

Because I believe that everyone has an often unknown potential to realise that dream with the help of others.

Because I believe that where people realise their dreams, circles of safety are created that inspire others to do the same.

Because I believe that if more people are able to realise their dreams, the world will become a better place.

Hilde Helsen

No single dream is realised alone, dreams are realised together. And what is more beautiful than helping others to realise their dreams?

At TRAJECTUM we are your 'compagnon de route' when realising your own dream, when realising collective dreams and to help you when you support others to realise their dream.

We consciously use the word dream because it opens your mind to imagine something that does not exist yet today.

The moment we become aware that the AS IS, is not good enough and we are ready to define our TO BE, the journey starts.

The trigger to get started can be very different, it can have both an internal and external cause, it can have an impact on the individual, the team and the organisation.

TRAJECTUM, Humanly Resourceful

WHY NOW

The external trigger of the #corona crisis made us all once more realise that like Maya Angelou so often stated: "You may not control all the events that happen to you, but you can decide not to be reduced by them."

We have all missed being together, listening to each other and co-creating the future for ourselves, our teams and our organisations. So, we designed this #coronaproof program to foster reflection, to question, to learn from each other so that you are strengthened in your response.

HOW

This group trajectory offers you the time and space to work on your dream project for yourself, for your team, for your organisation supported by the DREAMERS who DO model: from ambition to realisation in 3 steps: DREAM, STAND and PUSH keeping one thing in mind LET LOVE RULE.

We learn #together, the program is designed on Peer learning, being the key to success.

WHAT

You will work during one week on the realisation of your personal project in group, in duo and individually, both online and offline. You will have plenty of opportunity to exchange and experiment with the tools presented. We come back together for a check-in at the end of the Autumn.

WHO

Every person who wants to become a DREAMER who DOES.

Every person who believes in this African proverb: "To go fast, go alone. To go far, go together"



PROGRAM OUTLINE AUTUMN 2023

DATE	TIMING	WHAT	CONTENT	SKILLS The Human Skills we need for an unpredictable world	HOW
08/03/2024	15:00 – 16:00	Get to Know & Guidelines Homework			ZOOM session
18/03 - 22/03/2024	Homework prior Session DREAM (approx. 2,5 h)				
18/03/2024	08:00 - 11:00	DREAM	Guide: Simon Sinek Your Inner Compass: WHY and HOW	Imagination	Walk Kasteel van Horst
18/03 - 22/03/2024		Individual Session (1 h) – to be booked with Hilde Helsen	Feedback on your ODC® Measurement – learn more https://www.trajectum.be/en/the-book/dreaming-executing	Self-reflection	ZOOM session
19/03/2024	11:00 - 12:00	STAND	Guide: George Kohlrieser Your Secure Bases Your Leadership Life Line	Bravery Self-leadership	ZOOM session
19/03- 21/03/2024		Work in duo (2h) – to be booked with co-participant			ZOOM session
21/03/2024	11:00 - 13:00	PUSH	Guide: Maya Angelou Your WIN projects What needs to be done by when to realise your dreams	Experimenting	ZOOM session
22/03/2024	08:00 - 11:00	LET LOVE RULE	Guide: Willian Ury Getting to yes with Yourself Care to Dare Leadership	Coalition-building Leadership	Walk Kasteel van Horst
26/04/2024	11:00 – 13:00	Check In: how going?		Preparedness	ZOOM session

The individual coaching consists of 1 h ODC® Feedback with Hilde Helsen (between 18/03 & 21/03) and 1 h Executive Coaching with Hilde Helsen (between 23/03 – 26/04/2024).

Be careful not to overbook your diary during the program week, you will need time for the individual & duo sessions as well as reflection time between the group sessions. Based on experience participants need 4 to 5 hours on top of the scheduled sessions.



HILDE HELSEN – LEAD COACH

Hilde Helsen is Material Science Engineer. She was one of the first female engineers in a top position at an international company. In 2012, she founded TRAJECTUM, an organisation supporting and facilitating transition processes of individuals and organisations.

At TRAJECTUM Hilde is responsible for initiating and maintaining client relations and safeguards the client's and candidate's objectives through operational and evidence based excellence.

Hilde has more than 25 years' experience as manager and executive in international companies (Exxon Chemical, Kemira, DBM/Lee Hecht Harrison). She has functional and international experience in production, sales, purchasing, supply chain, human resources and general business management. Her specialties are (re) defining and implementing business strategies and leading the change process required delivering the targeted results.

Hilde led the restructuring, divestment and sales process of Kemira Specialty Crop Care business worldwide.

Hilde holds a civil engineering degree from the KU Leuven as well as an MBA. She is a Certified Personal Coach (ICF- PCC) and member of the International Coaching Federation. She is formed as Group Coach.

In 1989 Hilde co-founded the Network Vrouw&Ingenieur that aims to support female engineers in their development. She has experience with the non-profit sector as volunteer and President of the Board of ToolBox. She is Member of Netwerk Ondernemen.

Hilde Helsen's why: <https://youtu.be/tUNzieXM2TI>

5" minutes with: https://youtu.be/FULJ7oA9U_o



PRICING

PROGRAM	DURATION	EUR ex VAT
DwD® in Action Hybrid	14,50 h interactive course +/- 2,5 h homework 2 h individual coaching during the program	1.395,00 EUR

PRESENCE

In view of the learnings and group dynamic, we highly recommend participating in all the online and offline sessions. If for any reason, you should miss one of the sessions, please contact Miet Vanbergen and we will try and organise a catch-up session.

SEMINAR MATERIALS & LANGUAGES

The seminar will be multilingual NL/FR/EN depending on the mother tongue of the participants. We will provide the workshop materials accordingly.

LOCATION OFFLINE ACTIVITIES

Kasteel van Horst
Horststraat 28
3220 Holsbeek

<https://www.openmonumenten.be/monumenten/kasteel-van-horst>

KMO-PORTEFEUILLE

KMO Portefeuille subvention for training applies. TRAJECTUM registration number: **DV.O214647**. Make sure you submit your application before the start of the trajectory. More details: <https://www.vlaio.be/nl/subsidies-financiering/kmo-portefeuille/subsidies-aanvragen-en-ontvangen>

GENERAL CONDITIONS

Registration: before 04/03/2024
Invoicing: upon registration
Payment terms: 5 days from invoice date



Registration Confirmation Form

DREAMERS WHO DO IN ACTION

Spring 2024

INVOICING DETAILS:

COMPANY/ORGANISATION

TRAJECTUM

Hooghuis 27B
B-3221 Nieuwrode

VAT

BE 0502.778.813

PO number:

Assignment description on invoice:

Email address for invoicing:

Participants receive one copy of the book DREAMERS who DO.

Language preference:

- English
- Dutch
- French

Signature

Signature

Name:

Function:

Date:

Name:

Function:

Date:



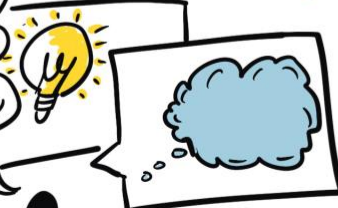
HILDE HELSEN
author:
DREAMERS
WHO
DO

Instagram: @dreamerswhodo
www.dreamerswhodo.com

there's a dream in everyone of us and everyone has the potential
to realise our dream with the help of others
when more people are able to realise
their dreams the world
becomes a better place

DO I HAVE A DREAM OF MY OWN?
WHY DO I DO WHAT I DO?
YES!

DREAMING IS WORKING ON THE PAINTING OF YOUR life



EXECUTE

COURAGE
TO WORK ON YOUR DREAM
TO KEEP BELIEVING

THEY CAN HELP

SPEAK UP
SHARE YOUR DREAM
FIND STRENGTHS

GIVE LOVE & ATTENTION TO OTHERS DREAMS

NO INDIVIDUAL OR COLLECTIVE DREAM IS REALISED ALONE

ASK FOR HELP

WHO BELIEVES IN YOU?
And who do you believe in?
What can you do to help?

Who is your secure base?
And for whom are you a secure base?

SECURE BASES

CONFIDENCE

And what is more beautiful than helping others to realise their dreams?

dream
WHAT LIVES INSIDE OF ME WILL FIND ITS WAY TO BE

stand
YOU HAVE THE POWER TO FACE YOUR DEMONS NO MATTER HOW THEY GO AT TIME

push
I AM GOING TO PUSH THE CLOUDS AWAY PUSH SO I CAN SEE THE WAY

HELP & SUPPORT FROM UNEXPECTED QUARTERS.
BE OPEN.
GO INTO THE WORLD.

WITHOUT LOVE DREAMS REMAIN UNKNOWN - UNNAMED - UNACHIEVABLE

let love rule

ALLOW LOVE TO SAY EVERYTHING
Who do we allow to criticise us?
Who do we criticise?

WWW.VISUALHARVESTING.COM

