

Slowing Down in Academia

DATA:

MONDAY 16 MARCH, 15:30-17:30

TUESDAY 21 APRIL 2026, 16:30-18:30

MONDAY 1 JUNI 2026, 15:30-17:30

LOCATION: HILVERSUM AREA

INVESTMENT: 35-EURO

REGISTER THROUGH:

TULIACOACHING@GMAIL.COM



LOSE YOUR MIND.... AND COME TO YOUR SENSES (FRITZ PERLS)

The pressure in academia is structurally high. Deadlines keep piling up, and there is always more to read, more to write, more to supervise, more proposals, more planning. For many academics living with limited energy, chronic conditions, post-burnout vulnerability, or long-COVID symptoms, "just pushing through" is not an option — it is a risk.

For managers the question is:

How do you support sustainable performance in a system that leaves so little room for recovery?

Workshops are offered monthly by two certified Equine Assisted Coaches, working outdoors among the herd. Minimum 3 and maximum 6 participants. A follow-up 1-on-1 trajectory is possible

Rest is no reward, it is your fuel

A workshop by Josien de Klerk & Herti Haar

What we actually do (and what you gain)

Horses do not respond to words or intellect — they respond to what the body communicates. They show what people often don't dare to say, and what your own body has been signalling for a long time. In this workshop, participants gain:

- Insight into how the body signals early stress and overstimulation
- Understanding of how energy and body language shape interactions (in teams, supervision, research collaborations)
- Awareness of personal boundaries and realistic load capacity
- Direct feedback from horses on tension, pace, and energy — clear, honest, non-judgmental

For anyone nearing burnout, or living with limited energy, rest is *not* a luxury — it is a precondition for functioning.

Who is this for?

- Academics with limited energy or (emerging) burnout
- Colleagues who want to learn to work from realistic capacity
- Managers who want to support sustainable performance within their teams

LOSE YOUR MIND... AND COME TO YOUR SENSES — literally.