



HUMAN NATURE

HIZN

COACHING AND TEAM BUILDING

MAN
BELONGS
TO NATURE

Man has the need to return to his original habitat to be able to find his **roots**. He needs to reset his biological clock and free himself from stressful work rhythms, quick meals and social likes. To peel off the asphalt from his soles and walk bare foot in the sand, in the earth, on grass, splash in the water free from clothes. To **undress** and regain all **his senses**.

Man has the need to build his relationships in a natural context, where hidden by too many superfluous layers, can finally be expressed; become aware of himself and gain a new self-assurance.

TO RE-FIND
HARMONY
WITH
NATURE
MEANS
RE-FINDING
ONES
NATURE

U N I

U N I



H2N

The continuous search for something, a challenge or whatever makes us feel alive, often leads to a labyrinth with no exit. We no longer listen to our instinct and are no longer able to get into the **core of ourselves** because we have drawn away from our true nature.

The **aim of H2N** is to help us return to nature, get to the heart of everything, reach a balance, search for and recreate joy, and be in harmony with the surrounding world, build a personal path in our private and professional life.

LET NATURE
DO ITS JOB

H2N

Providing a wide range of **specialized Coaches** and a series of **specific activities** (from olive picking, to excursions in sailing boats and personalized itineraries to Mindfulness and cookery courses and tasting to Food

and Wine educationals and from meditation to Golf) the company offers **services and personalized itineraries** for individuals for as well as companies interested in growth and formation.

SPECIALIZED COACHES, SPECIFIC ACTIVITIES, PERSONALIZED ITINERARIES, TEAM BUILDING

CHOOSE THE RIGHT COACHING FOR YOU

Coaching is a path that leads to knowledge. It is a way to change and reach goals recognizing your own potential. Choose your ideal type of coaching.

Life coaching: allows you to develop and enhance your individual potential, growth and affirmation.

Career coaching: helps to improve professional performance, motivation and self-confidence, to reach the set desired goal. The itinerary focuses on actions that aim at achievements, reinforcement and or recovery.

WORLDWIDE

TOGETHER

One-to-one coaching: the individual will work together with an executive coach on specific areas of strengths and weaknesses with the aim of reaching true potential.

Executive coaching: helps executives and top managers to sharpen the tools and techniques needed to assert leadership, within an organization, because those who have the responsibility of a decision making role within a company also have a determining responsibility regarding the future of the company.

TEAM BUILDING

Team building is a way to strengthen communication, efficiency and well-being within a team. The participants will in fact take part in activities and will also have to resolve challenging tasks and problems.

Fun and sharing will be the tool used by the coach to develop a dynamic collaboration and interaction within a team. The participants will return to their offices enriched by new experiences as well as invigorated by a faith in their capabilities and in the capabilities of others.

VISION

TEAM

Cookery school: rediscover the flavor of tradition , the respect of seasonal cycles, get to know local products, use the sense of smell and taste in harmony with the environment helped by pleasant keepers of antique recipes.

Food for the soul: rebuild a healthy and stimulating relationship with food. Educate and re-find the pleasure of taste and a sense of well being, balance and happiness in nutrition. Gain energy and satisfaction from food. Because, after all, we are what we eat.

ALL ACTIVITIES



WELCOME

WELCOME



Olive picking: living the experience of olive-picking, breathing the century old charm of the olive groves, taking part in the olive milling with the fragrance of just extracted extra virgin olive oil, enjoying the air and the smells of the countryside.

Seasonal harvesting and transformation of the products: becoming part of many of the agricultural companies and living the life of the farmers, following the natural seasonal rhythms of products. It will be a surprise to discover how much there is to do and to learn from the fruits of the earth.

W O R L D



E N

Grape harvesting: savor as a protagonist the emotion of grape harvesting, an experience which has roots in the land and which allows to retrieve sensations from long ago immersed in a dream world.

Wine educational: a unique sensorial experience through visits to wine cellars, strolls through the vineyards, guided tasting, analytical sensorial games; a fascinating trip in the world of wine through the narration of a territory and its products. A game which will turn the participants into true connoisseurs.

Back to the roots: learning to relate with nature, feeling part of it and becoming part of it with natural methods to increase intelligence and thought. The course allows to improve personal and professional relationships contributing to individual well being as well as of society and environment.

Rely ON: learning to help the members in your own team to cross the finishing line; this is the essence of a team "relay" game which develops support, trust and discovers the strength and weakness which will be a total benefit to the whole group.

Mindfulness & Wellness: reduce stress and anxiety by taking care of mind and body, through exercises, strolls, spa treatments, listening to yourself and others, therefore increasing the capacity of personal recovery and awareness.

WINE

TEAM



Yoga: feel the nature, learn the discipline, brush off the superfluous to re-find internal energy. Coming closer to that which distinguishes us; simplicity, retreat, meditation, clarity.

Meditation with trees: there are some methods to approach and interact with and withdraw from a tree. Following specific passages, a silent ritual of communion is created with the tree; this increases the potential interaction with the universe that surrounds us.

WORLD





Sailing boat: has always been an excellent metaphor of life within a company. Only a close knit team can obtain the most from its vessel. The sail, in fact, to be able to survive, needs the contribution of balance and synergy of the all members of the crew.

The activities deeply engage and induce participants to get to know themselves better, to learn, accept responsibility, offer their own fundamental contribution. Life in a boat stimulates the individual and the group in reflecting on relationships and roles which are established on strategies of orientation and on the capabilities of feeling part of something larger, like that of a well functioning structure immersed in the immensity of the sea.



GOLF

Fantastic location, 230 ha, situated by a 1.8 km coastline between oranges and olives, with stunning views of the Mediterranean, spectacular golf course with some holes directly by the sea. For those who want to leave behind and spend a wonderful period of **golf and relax**, the golf course of **Verdura Resort**, close to Siacca, gives the opportunity to live an exceptional experience. **H2N** will pamper you during your free time. Three golf courses "links" warmed by the sun and cooled by sea breezes with breath taking views. A "double tee" practice golf course. Lessons held by qualified PGA professionals. An extraordinary golf academy for young budding golfers. Two 18 hole competition golf courses. One 9 hole golf course all designed by Kyle Philips. Verdura Resort is a famous all year round golf destination.

ILICINI

ILICINI



SERVICES

Organization of events, manifestations and conventions in modern and comfortable structures.

Hotel and restaurant services in farm restaurants or enchanting resorts set in unspoilt scenery.

Transfer services to and from airports and car rental.

Organization of excursions: in the area it is possible to take part in archaeological excursions to the temples of Selinunte and Segesta; historical-cultural to Palermo and Monreale; scenic to the Egadi Islands and to the Nature reserve of Lo Zingaro to the sea salt pans of Marsala.

Recreational and sporting services: it is possible to take part in various sports, from tennis to golf, scuba diving, windsurfing, canoeing, horse riding, trekking. Furthermore, there is an old railway line approximately 20km long of coastline, which has been transformed into a cycling lane ,for those who wish to explore the area on two wheels.





The territory of Terre Sicane, between Menfi, Sciacca, Montevago and Sambuca in the province of western Agrigento, has for thousands of years been the cradle of civilization. Life, here, has always been based on **agriculture** and nowadays on viticulture, olives, and on the whole, food and wine products,

often **organic**, have become a fundamental economic resource and safe-guarded by the territory. A gentle hilly landscape suspended between the **blue sea** and a much loved countryside looked after by farmers and local producers. A perfect location for those who wish to come closer to nature.

THE LOCATION OF WESTERN SICILY: TERRE SICANE, THE WINE ROADS

L O N I





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