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10 Days in

Sri Lanka

TRANSFORMATIVE INNER EXPEDITION

An extraordinary space for transformation.
An expedition within.

EXPERIENCE SRI LANKA WITH ALL YOUR SENSES – A CATALYST FOR PERSONAL GROWTH, CLARITY AND NEW PERSPECTIVES.



ADVENTURE. NATURE. CULTURE. GROWTH.

Inspiring experiences for your personal journey.

- INTENSIVE PERSONAL DEVELOPMENT
- EXPERIENCE AS TRANSFORMATION
- SRI LANKA AS A SPACE FOR EXPERIENCE
- STEP OUT OF YOUR COMFORT ZONE
- LIGHTNESS & ENJOYMENT
- BASECAMP – VILLA NAOLINA

Where am I right now?

What would I like to change?

What would I like to leave behind?

What would I like to discover anew?

As a person. In my professional life. In life itself.

The Adventure is you ...
Where stillness meets aliveness.



For over 18 years, Sri Lanka has touched my life and shaped my path. What I have had the privilege of experiencing and learning here, I now want to share with others.

MY PERSONAL CONNECTION TO SRI LANKA

Sri Lanka, with its culture, nature and wildlife, creates the outer journey. Dr Elisabeth Proksch guides and facilitates the inner one.

Dr Elisabeth Proksch has developed a **deep personal connection with Sri Lanka over almost 20 years.** She has not only travelled extensively throughout the country, but also lived there for a period of time, allowing her to experience Sri Lanka far beyond the usual tourist perspective.

Over the years, she has built up a wealth of knowledge and experience, as well as personal relationships and a local network that participants benefit from today.

Special places, people, encounters and experiences that might remain undiscovered on a first or purely tourist-oriented journey can therefore become part of the Inner Expedition.

This brings together two distinctive areas of expertise: Dr Elisabeth Proksch's **many years of experience in coaching, supervision and transformational work, and her personal knowledge of Sri Lanka, its people and their ways of life.**

Sri Lanka is therefore much more than the backdrop for the programme. **The country itself becomes part of the journey – and the outer expedition becomes a catalyst for the journey within.**







OUR BASECAMP: VILLA NAOLINA

Villa Naolina in Weligama is the central base for coaching, reflection, exchange and retreat throughout the **Transformative Inner Expedition.**

Villa Naolina is **a place with character.**

It is not a modern luxury resort or a perfectly styled designer villa.

It is an **old, lovingly renovated villa with Portuguese influences** – a house with history and personality, along with some of the little quirks and imperfections that naturally come with an older building.

And that is part of its charm.

The rooms tell stories of another time. The garden is simple, natural and more rustic than perfectly manicured. This is not about flawless five-star luxury or expecting every detail to meet the standards of a modern international resort.

This is where your Inner Journey takes place ...

Instead, this place offers something different:

Atmosphere. Personality. Tranquillity. The sea. And a place that can surprisingly quickly begin to feel like a home away from home.

Villa Naolina is our basecamp and peaceful retreat on the quieter side of Weligama Bay – while still being only a few minutes away from the vibrant life of Weligama, with its restaurants, beach clubs and lively social atmosphere.

Its **immediate proximity to the beach,** tropical surroundings and distinctive atmosphere provide an ideal setting for a development programme that is not about external perfection, but about awareness, connection and personal growth.

During the **Transformative Inner Expedition,** Villa Naolina becomes the **basecamp for the inner expedition** – regardless of whether participants are staying at the villa itself or in external accommodation.

TRANSFORMATIVE INNER EXPEDITION SRI LANKA

10 days. An extraordinary space for transformation. An expedition within.

The **Transformative Inner Expedition Sri Lanka** is an intensive ten-day transformation and personal development programme with **Dr Elisabeth Proksch,** combining coaching, supervision, personal reflection and experiential learning.

This is not about experiencing a country as a conventional traveller. The focus is on the individual – on personal questions, decisions and transitions, professional and personal challenges, and the desire not merely to think about development, but to actually experience it.

Sri Lanka creates an extraordinary setting for this journey.

Encountering another culture, nature and way of life, stepping away from familiar routines and engaging in selected outdoor experiences can open up entirely new perspectives. Experiences outside our familiar environment are explored, reflected upon and integrated into the individual transformation process.

The outer expedition becomes a journey within …



Let the waterfall's power help you release what no longer supports you – and open space for what's next.



THERE ARE MOMENTS IN LIFE WHEN CONVENTIONAL WORKSHOP AND DEVELOPMENT SETTINGS CAN NO LONGER PROVIDE THE SPACE WE NEED.



WHAT IS IT ABOUT?

There are moments in life when **conventional workshop and development settings can no longer provide the space we need.**

When we are exploring fundamental questions, developing new perspectives or seeking to move beyond established patterns of thought and behaviour, it can be helpful to physically step outside our familiar environment as well.

This is exactly where the **Transformative Inner Expedition** begins.

Over the course of ten days, an immersive space for personal development emerges through:

- personal coaching, individually or within the group,
- reflection and supervision,
- personal transformation work,
- experiential and action-based exercises,
- selected outdoor experiences and expeditions,
- dedicated time for retreat, awareness and integration,
- and continuous guidance throughout each participant's individual development process.

Even before registration, each participant has a personal conversation with **Dr Elisabeth Proksch.** This conversation explores their current personal or professional situation, possible themes and questions, and what they would personally like to take away from these ten days.

Based on this conversation, the detailed structure of the programme is tailored to the particular composition and needs of the group.www.prokschconsult.at

Sri Lanka

TRANSFORMATIVE INNER EXPEDITION



Wild encounters that leave a mark.



Experience Sri Lanka's wild side up close.



Feel the power of the ocean. Embrace the vastness. Let go.



Pause. Find stillness. Recharge and regain your strength.



Explore culture and experience history.





Arrive. Reflect. Gain new insights.



Find places of stillness and encounter spirituality.

SRI LANKA AS A SPACE FOR EXPERIENCE

› Why Sri Lanka?

Because change can become easier to see when we step outside our familiar environment.

Sri Lanka is a country of contrasts: stillness and intensity. Simplicity and abundance. Nature and movement. The unfamiliar and the surprisingly familiar.

A different environment creates distance from everyday life. Routines are interrupted. Our perception begins to shift. Things that seem self-evident at home can suddenly be viewed from an entirely different perspective.

› Ocean. Vastness. Perspective.

Sri Lanka's coastline creates space. An almost deserted beach can become the setting for a coaching or reflection session. The ocean, the horizon and the sense of vastness are not simply a backdrop – they become part of the experience itself.

› Wildlife. Nature. Encounter.

Sri Lanka is home to extraordinary natural landscapes and wildlife. Encounters with wildlife and pristine nature bring us into situations that cannot be completely planned or controlled.

Perceive. Observe. Wait. Be present.
Respond to the unpredictable.

These experiences, too, can provide valuable impulses that subsequently become part of the personal transformation process.

› Rainforest. Movement. Intensity.

Lush vegetation, water, sounds, humidity and movement create a completely different space for experience from the one we know in everyday life.

Here, nature is not simply observed – it is experienced.

› Culture. History. Stillness.

Sri Lanka's centuries-old Buddhist culture opens up yet another perspective.

Historic temples, spiritual places and encounters with a different cultural tradition create space for stillness, awareness and reflection.

› Connection. Vitality. Lightness.

Conscious time for yourself alternates with connecting with others, shared experiences, good food and the vibrant life of Weligama. Lightness and enjoyment are also part of this Inner Expedition.





When comfort becomes quieter, what truly matters becomes easier to feel.

The Adventure is you ...

WHAT MAKES THIS INNER EXPEDITION IN SRI LANKA SPECIAL

No two days are the same.

Some experiences emerge through conversation. Others happen outside in nature. Some arise through encounters with other people. And some may happen early in the morning by the ocean, when a question suddenly surfaces for which there has never really been space in everyday life.

The different elements are consciously interconnected.

- **Experience becomes reflection.**
- **Reflection creates insight.**
- **Insight opens up new possibilities for action.**

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POSSIBLE EXPERIENCES & OUTDOOR ACTIVITIES

Depending on the composition of the group, individual suitability, weather conditions and local circumstances, the Transformative Inner Expedition may include experiences and outdoor activities such as:

- **Beach Sessions** – coaching, reflection and personal transformational work directly by the ocean
- **Rainforest and nature experiences,** for example in the **Sinharaja Rainforest**
- **Wildlife experiences and mindful nature observation** in selected **National Parks**
- **Hiking and trekking** through a variety of landscapes and natural environments
- **Encounters with Sri Lankan culture and spirituality,** for example at historic Buddhist sites
- **Movement, awareness and reflection sessions in nature**
- **Ocean & Waves as a space for experience** – the opportunity to engage with the movement and dynamics of the ocean on a bodyboard or surfboard, while becoming aware of your own responses to balance, change, loss of control, courage and trust

Further experiential settings tailored to the particular group and its transformation process may also be included.

And time for yourself.

WHAT DO THE TEN DAYS LOOK LIKE?

The **Transformative Inner Expedition** follows a carefully designed flow – **but not a rigid timetable.**

The aim is not to complete as many activities as possible or work through a conventional tourist sightseeing programme.

There are periods of intensive group work and personal coaching.

And there is time for lightness, enjoyment and simply being together.

Shared evenings, good food, spontaneous encounters, or **Weligama's nightlife and evening atmosphere** may all be part of these ten days. Whether together as a group, in smaller circles or individually, there is consciously created space to **experience Sri Lanka with all your senses,** enjoy life in the moment and simply have a good time together.

Because personal development does not happen exclusively during coaching and reflection sessions. **Lightness, joy, enjoyment, connection and shared experiences can also be part of an intensive development process.**

WHO IS THE TRANSFORMATIVE INNER EXPEDITION SRI LANKA FOR?

The **Transformative Inner Expedition Sri Lanka** is designed for people who are ready to consciously dedicate ten days to their own development – while also being curious to discover **Sri Lanka, its distinctive culture, fascinating natural environment and wildlife, and to allow these experiences to become catalysts for personal growth.**

This is not about needing to "have a problem".

It is about **development, clarity, reflection, curiosity, new perspectives, openness and a willingness to change.**

For this reason, every registration is preceded by a personal conversation with **Dr Elisabeth Proksch,** either in person or online. This provides an opportunity to get to know one another and to explore whether this distinctive format – and the composition of the particular group – is right for the participant.

Because a Transformative Inner Expedition is shaped not only by its programme and the places we discover. Above all, it is shaped by the people who are willing to engage with it fully.

KEY INFORMATION AT A GLANCE

TRANSFORMATIVE INNER EXPEDITION

Dr Elisabeth Proksch / Dr Proksch Consult KG is responsible for the **concept, design and delivery of the Transformative Inner Expedition,** including coaching, supervision, reflection and personal transformation work.

Accommodation, travel services, outdoor activities and other local services **are booked separately through Lanka Explorer Tours or the respective local providers** and are delivered under their responsibility.

COSTS & BOOKING

Separate costs apply to the **Transformative Inner Expedition and the accompanying travel and outdoor services.** The respective services are **booked and invoiced** by the companies or local providers responsible for them. Their respective terms and cancellation policies apply.

The professional fee charged by **Dr Elisabeth Proksch / Dr Proksch Consult KG** covers exclusively the **preparation, design and delivery of the Transformative Inner Expedition, as well as the necessary coordination with local companies and service providers.**

Accommodation and the agreed travel and outdoor services are largely **booked and organised through Lanka Explorer Tours.** Additional services, such as a National Park safari, are **booked and invoiced** by the respective local provider.

A detailed overview of services, costs and organisational arrangements is provided in a separate information sheet and in the contractual documentation.

ARRIVAL & DEPARTURE

Participants are responsible for arranging their **own arrival and departure.** Flights and transfers from the airport to Weligama and back are not included. **The Transformative Inner Expedition begins on the first programme day at Villa Naolina.**

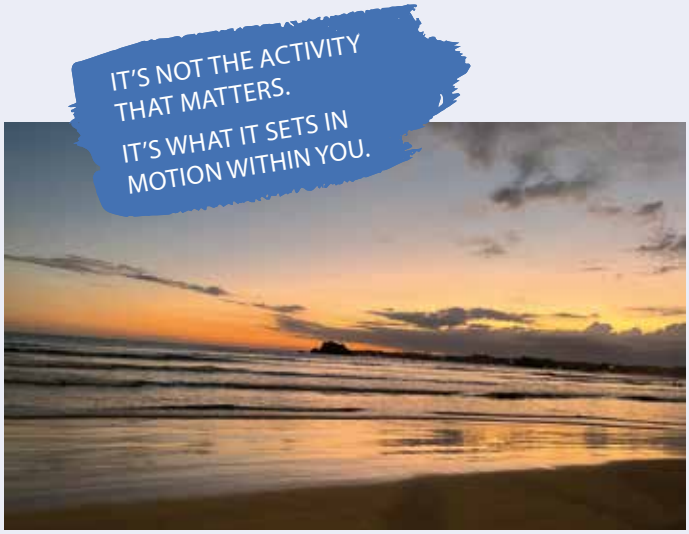




Surf experience with Aruna – Weligama is his home. One of the Bay's surfing pioneers and an experienced surf expert, he opened the Samaru Surf School here more than 20 years ago.

A detailed **schedule and itinerary** will be sent to participants following registration and confirmed booking.

Upon request, Lanka Explorer Tours will be happy to assist with organising transfers from the airport to Weligama and the return transfer from Weligama to the airport.



OUTDOOR ACTIVITIES & EXCURSIONS

Participation in individual **outdoor activities and excursions is voluntary and undertaken at the participant's own responsibility and risk.** Participants decide for themselves on site whether they wish to take part in a particular activity. Choosing not to participate does not affect participation in or the quality of the Transformative Inner Expedition.

If a participant voluntarily decides not to take part, costs for activities that have already been booked cannot be refunded due to organisational arrangements and the applicable cancellation policies.

Individual activities may be changed, replaced or cancelled by Dr Elisabeth Proksch or Lanka Explorer Tours due to weather conditions, local circumstances, safety considerations or other factors.

TRAVEL INSURANCE & HEALTH

Participants are strongly advised to take out **comprehensive travel insurance.** In particular, the insurance should cover cancellation costs, medical treatment and repatriation in the event of illness.

Individual travel health advice is also recommended before departure. Participants should discuss their personal vaccination status and possible **vaccinations against Hepatitis A and B, dengue fever, rabies and tetanus** with an appropriate healthcare professional. Current official recommendations and the participant's individual health situation should always be taken into account.

Further information:
Institut für Reise- und Tropenmedizin Wien
https://www.tropeninstitut.at/?utm_source=chatgpt.com

IF DR ELISABETH PROKSCH IS UNABLE TO PARTICIPATE

Should Dr Elisabeth Proksch be unable to conduct the Transformative Inner Expedition for personal or health reasons, **any accommodation, travel and outdoor services booked through Lanka Explorer Tours or other local providers will remain unaffected and can take place as booked.**

Participants may choose to cancel their booked travel or accommodation services. In this case, **the respective cancellation policies of Lanka Explorer Tours or the other local providers,** such as the safari camp, will apply.

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Lanka Explorer Tours

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From left to right:
Kalum (Sri Lanka expert and guide),
Dr Elisabeth Proksch, Sampath (Director and owner of Lanka Explorer Tours)

DR ELISABETH PROKSCH

- Extensive **management and leadership experience in business and consulting;** independent management consultant, management coach and supervisor since 2003
- Many years of experience **supporting executives, teams and individuals through change and development processes**
- Extensive professional training and continuing education in **coaching, systemic leadership, team and group dynamics, and organisational constellations**
- **Lecturer at the University of Vienna, keynote speaker and author** on leadership and personal development
- Extensive experience with **experiential and outdoor-based development formats** – enabling learning and change through direct experience

THE TEAM

- The **Transformative Inner Expedition Sri Lanka** is designed and led by **Dr Elisabeth Proksch.**
- She accompanies participants throughout the entire transformation programme and is responsible for the **coaching, supervision, reflection and transformation work.**
- For selected outdoor activities, expeditions and local experiences, Dr Elisabeth Proksch works together with **Lanka Explorer Tours** (Mr Sampath Sitinamaluwe) and an experienced **local guide and outdoor expert.** With in-depth knowledge of the region, local conditions and the respective activities, he accompanies the relevant parts of the programme on site.
- In this way, the **Transformative Inner Expedition** combines two perspectives: **professional facilitation of the inner transformation process and local expertise for the external experiences and expeditions in Sri Lanka.**

LANGUAGE

- The coaching, supervision and reflection sessions of the **Transformative Inner Expedition** are conducted in **German and/or English.**
- The language used – or the combination of both languages – depends on the **composition of the respective group as well as the participants' native languages and language proficiency.**
- **Communication with the local guide a**nd outdoor expert, as well as explanations and instructions during the outdoor activities he accompanies, are generally provided in English.

DATES AND REGISTRATION

The **Transformative Inner Expedition** is offered on selected dates that are open for individual registration. **Current dates** are published on the Dr Proksch Consult KG **website**. Individuals can register for these dates through Dr Proksch Consult KG.

For **private groups or teams** from organisations and companies, individual dates can also be arranged. Dates, thematic focus areas and the specific design of the Transformative Inner Expedition are then developed together to suit the particular group.

Photo copyright: Proksch Consult or Wilpattu Safari Camp (wildlife experts)

Samaru Beach House Weligama

www.samarubeachhouseweligama.com
(Samaru Surf School)

WILPATTU safari camp

www.wilpattusafaricamp.com