

# Exclusive Programme Portfolio

Oceanic Healing · Ancestral Wisdom · Intercultural Leadership

*Confidentially presented to distinguished organisations and their leadership, a curated suite of transformative experiences designed at the intersection of trauma recovery, ancestral intelligence, and executive human performance.*

## ABOUT THIS OFFER

Maré Vitae is an internationally operating practice at the frontier of somatic trauma therapy, Afro-diasporic healing traditions, and intercultural human development. Our programmes are delivered by accredited specialists and guest facilitators of international standing, across oceanic retreat settings, boardrooms, and blended digital formats.

This document presents our full portfolio: from immersive multi-day ocean healing retreats to precision half-day corporate interventions, each designed to be as operationally discreet as it is profoundly effective.

## PROGRAMME PORTFOLIO

### **Ocean Healing Trauma Retreats**

SIGNATURE IMMERSIVE

*2 to 5 Days · International Beachside Locations*

An immersive residential experience set against the elemental backdrop of the ocean. Participants engage in guided somatic trauma processing, ancestral reconnection rituals, and individual and group therapeutic sessions, held in carefully selected international coastal settings of extraordinary natural beauty.

*Capacity limited to 12 participants per cohort. Custom venue selection available.*

### **International Day Speaker**

KEYNOTE FORMAT

*Single Day · Keynote & Facilitated Sessions*

An internationally recognised voice in trauma-informed practice and Afro-diasporic healing intelligence delivers a high-calibre programme of keynote address, facilitated dialogue, and curated experiential moments, suited to conferences, leadership summits, and private organisational gatherings.

*Available for hybrid and in-person formats. Bespoke topic development on request.*

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### III Empowerment Beach Day Sessions

EXPERIENTIAL

*1 Day · Sound Healing & Somatic Practice*

A curated single-day experience combining breathwork, ceremonial sound healing, and facilitated group process, held at the water's edge. Grounded in the understanding that the body holds what the mind cannot yet name, this session offers a powerful entry point into somatic release and collective restoration.

*Live sound healing instruments. Minimum group: 8. Maximum: 20.*

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### IV Maré Vitae — The Legacy Edition®

FLAGSHIP — AFRO-DIASPORA

*1-Day Introductory Retreat · Exclusive Oceanic Therapy for the Afro-Diaspora*

The gateway into our signature programme: a full-day retreat integrating the foundational pillars of Maré Vitae, including ancestral healing, oceanic somatic therapy, and the psychoeducation of intergenerational trauma within the Afro-diasporic experience. This day serves as both a complete intervention and the formal introduction to the extended Legacy Edition programme.

*Facilitated by a certified Afro-diaspora trauma specialist. Exclusively designed for Afro-diasporic participants and allies.*

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### V Unshaken

THERAPEUTIC & COACHING

*Afro-Diaspora Trauma Therapy · Intercultural Coaching*

A deeply personal therapeutic and coaching track for individuals navigating the intersection of racial identity, intergenerational wound, and professional life. Delivered by a specialist Afro-diaspora trauma therapist and intercultural coach, Unshaken offers a confidential, structured container for profound personal work, available as a standalone engagement or embedded within a broader organisational wellbeing strategy.

*Individual and small-group formats. Fully confidential. Available in-person and remotely.*

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### VI Recovery Navigator®

EXTENDED PROGRAMME

*Burnout & Stress Relief Programme · 3 Months · Blended Live / Online*

A structured three-month recovery journey for high-performing individuals experiencing burnout, chronic stress, or depletion. Recovery Navigator® combines live facilitated sessions with a curated digital learning environment, allowing participants to engage meaningfully without removing themselves from professional life. Rooted in somatic and trauma-informed methodology, this programme restores not just function, but orientation.

*Rolling intake. Suitable for executive, medical, and legal professionals. Group and individual tracks available.*

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## VII Intercultural Cooperation Training

CORPORATE — BESPOKE

*Half-Day or 2-Hour Format · Corporate · International Organisations*

Designed specifically for globally operating organisations navigating the complexities of multicultural teams, cross-border collaboration, and inclusive leadership. This precision-format intervention moves beyond conventional diversity training, offering experiential, psychologically grounded tools for leaders and teams who must perform with cultural intelligence at the highest level. Delivered in English or Dutch.

*Tailored to your organisation's specific cultural composition and strategic objectives. Available globally.*

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### A NOTE FOR CORPORATE PARTNERS

Maré Vitae works in close partnership with Human Resources, Diversity & Inclusion, and Executive Leadership teams within internationally operating organisations. Our corporate engagements are structured for maximum discretion, cultural precision, and measurable impact. For internationally operating organisations, we offer facilitation in English or Dutch, with the option of on-site delivery at your international offices or at curated partner venues in key markets. All programmes can be integrated within existing wellbeing, leadership development, or D&I frameworks.

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### Every programme is designed by hand.

*We do not offer standard solutions. We offer sovereign ones. Each engagement begins with a confidential consultation to understand your organisation, your people, and what this moment requires of them.*

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MARÉ VITAE · THE LEGACY EDITION®

For enquiries, bespoke proposals, and programme scheduling, please contact our programme office directly.

*All content within this document is strictly confidential and intended solely for the named recipient.*

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