

Flavia Aga Czarnecka

@ flavia.readings@gmail.com

(+48) 508 890 002

Warsaw, Poland

www.tenderikka.org

[LinkedIn](#)

New Consciousness: Between Protection and Care

PRACTICAL TOOLS FOR CLARITY, RESILIENCE, AND COLLABORATION AT WORK.

Category: Development + Wellbeing

Duration: 45–90 minutes

Description:

This immersive workshop invites participants to explore a new way of being – balancing the natural human need for protection with the ability to care for ourselves and others. Through guided reflection and simple practices, we will look at how protective patterns can both support and limit us, and how conscious self-care can open space for authentic connection and collaboration.

The session includes:

- A short introduction to the idea of “new consciousness” – shifting from polarity to integration.
- A mini-practice to recognize protective behaviors and their impact at work and in relationships.
- A nurturing exercise (breath, body awareness, journaling) to rediscover the art of gentle self-care.
- A collective moment of integration to bring clarity and inspiration back into daily life and teamwork.

Takeaways:

- Participants will leave with:
- Greater awareness of their protective and nurturing patterns.
- Practical tools for balancing self-care and collaboration.
- A refreshed perspective on how to bring more clarity, presence, and connection into their professional environment.

Why this workshop is needed:

In today’s workplace, many employees and leaders operate in constant tension — between protecting themselves from stress, change, and uncertainty, and the genuine desire to connect, collaborate, and care. This tension often leads to exhaustion, disconnection, and loss of clarity.

The „New Consciousness: Between Protection and Care” workshop responds directly to this challenge. It creates a safe, gentle space for participants to:

- recognize protective patterns that may block growth or teamwork,
- practice simple tools of conscious self-care,
- explore how balancing protection with nurturing can bring more clarity, resilience, and trust into daily work.

By shifting from reactive protection to conscious presence, individuals and teams can unlock new energy, improve collaboration, and build a healthier workplace culture.

Flavia Aga Czarnecka

@ flavia.readings@gmail.com

(+48) 508 890 002

Warsaw, Poland

www.tenderikka.org

[LinkedIn](#)

New Consciousness: Between Protection and Care

PRACTICAL TOOLS FOR CLARITY, RESILIENCE, AND COLLABORATION AT WORK.

Category: Development + Wellbeing

Duration: 3 x 30 minutes

Description:

Alongside the main 90-minute workshop, I also offer three shorter sessions (each 30 minutes). These mini-experiences are designed to give participants practical tools and fresh perspectives in an accessible, light format.

New Awareness

A reflective session helping participants notice emerging patterns of change and discover how to navigate transitions with greater presence and clarity.

Healthy Boundaries

A practical exploration of protection vs. control: how to recognize when our protective patterns support us, and when they limit collaboration — and how to open space for trust.

The Art of Nurturing

A guided practice to reconnect with authentic self-care and explore how caring for ourselves enables stronger relationships and more resilient teamwork.

Takeaways:

NEW AWARENESS

- Learn a simple way to pause and reflect during times of change.
- Gain clarity on how to recognize early signals of new possibilities.
- Leave with a personal insight to apply immediately in daily work.

HEALTHY BOUNDARIES

- Understand the difference between supportive protection and limiting control.
- Practice one tool for opening trust in collaboration.
- Identify one area where a healthier boundary could improve teamwork.

THE ART OF NURTURING

- Experience a short self-care exercise you can repeat anytime.
- Understand why caring for yourself strengthens team resilience.
- Take away a practical reminder to integrate small nurturing habits into daily routines.

These mini-sessions can stand alone or complement the main workshop, offering teams a balance of reflection, practical tools, and shared experience.

Flavia Aga Czarnecka

@ flavia.readings@gmail.com

(+48) 508 890 002

Warsaw, Poland

www.tenderikka.org

[LinkedIn](#)

Immersive Team Retreat: New Consciousness in Action

Category: Development + Wellbeing

Duration: 2–3 days, residential or off-site

Description:

This retreat is designed for teams and leaders ready to step out of daily routines and immerse themselves in a space of presence, clarity, and renewal. Over the course of a weekend, participants engage in a blend of reflective practices, creative exercises, and group dialogues that embody the principles of New Consciousness.

Highlights:

- Time in nature – a setting that supports reflection, balance, and deeper connection.
- Experiential workshops combining wellbeing, creativity, and development.
- Community-building processes to strengthen trust and authentic collaboration.
- Integration practices to bring insights back into the workplace.

Location & Aesthetics:

I believe that the environment shapes the experience. That's why I design retreats in carefully chosen venues that reflect the workshop's character — spaces that combine the beauty of nature with simplicity and aesthetics. I can host such retreats in Poland and collaborate with partners across Europe to create equally fitting settings.

Outcomes:

- Renewed energy and resilience.
- Practical tools for conscious self-care.
- Clearer team vision and stronger collaboration.
- A shared, transformative experience beyond the office walls.



Examples of some of the many beautiful spaces in Poland that could host this type of workshop or retreat. Each location is chosen for its harmony with nature, atmosphere, and aesthetics – creating the right environment for clarity and connection.

Flavia Aga Czarnecka

@ flavia.readings@gmail.com

(+48) 508 890 002

Warsaw, Poland

www.tenderikka.org

[LinkedIn](#)

Sacred Balance: Feminine & Masculine in Collaboration

Category: Development + Wellbeing

Duration: 2–3 days, residential or off-site

Description:


A unique off-site retreat co-led by Flavia (culture & learning facilitator) and Shawn (former bull rider, artist and true cowboy from New Mexico — [click here to explore more](#)). This immersive experience explores the balance of feminine and masculine energy — how to honor, respect, and integrate these forces in teamwork and leadership. Set in wild nature, the retreat combines storytelling, reflective practices, and physical presence exercises to bring participants into a deeper sense of harmony and collaboration.



Flavia Aga Czarnecka

 flavia.readings@gmail.com

 (+48) 508 890 002

 Warsaw, Poland

 www.tenderikka.org

 [LinkedIn](#)

Other Workshops & Sessions (available on request):

Ego & Self: An Inner Dialogue

A gentle exploration of how to work with the ego as a partner in growth, rather than against it.

Synchronicity: The Web of Meaning

A reflective practice on noticing and interpreting life's subtle signals to guide decision-making.

The Living Field

How to turn complexity into clarity by aligning with presence, rhythm, and flow.

From Chaos to Vision

A process of transforming overwhelm into clear direction and practical steps forward.

The Art of Collective Presence

Building team synergy through shared silence, listening, and authentic dialogue.

Seeds of Change

A creative exercise where participants identify small, practical actions that can spark long-term transformation.

I design my workshops and retreats to be flexible and adaptable — always tailored to the specific needs, context, and culture of the group. Whether it is a short session, a full workshop, or an immersive retreat, my intention is to create experiences that bring clarity, presence, and authentic connection.

I'd be delighted to discuss which formats could best serve your clients and to co-create something unique together.

With light and warmth,
Flavia Aga Czarnecka