LEADING FROM TRUE SELF · FOUNDERS & LEADERS

One workshop, two, or a year-long journey with peers

Leading from True Self can be a single four-day workshop in the Alps, two workshops that build on each other, or an intensive program of up to a year. The program turns the momentum of the workshops into lasting change, supported by online sessions and a circle of peers.



THREE WAYS TO JOIN

Choose the depth that fits your moment

Every path starts with Liberating True Self. From there you can stop, continue with Leading from True Self 2, or make it a journey of up to a year with your peer group.

LIBERATING TRUE SELF

The foundation

Four days in the Alps to get to know your inner operating system and free yourself from patterns that no longer serve you.

Next: 1–5 April 2027 · Schliersee

WORKSHOPS 1 + 2

Both workshops

Add Leading from True Self 2 to explore your true Self more deeply and receive a vision for your next chapter, with a night alone in nature at its heart.

Leading from True Self 2: 30 July – 2 August 2027

THE FULL PROGRAM · UP TO A YEAR

From insight to lasting change

Both workshops plus two packages of five online sessions with Alex and me, one between the workshops and one after, in a peer group of 6–10 founders. Between the sessions you meet in small circles of 3–4.

Recommended

THE PROGRAM AT A GLANCE

An arc of up to twelve months

SPRING

Liberating True Self

Four days at the chalet: meeting your inner operating system and loosening what holds you back.

BETWEEN WORKSHOPS

Five online sessions

2.5 hours each, with your peer group and with Alex and me.

SUMMER

Leading from True Self 2

Exploring and unfolding your true Self, with a vision quest and a solo night in nature.

AFTER THE WORKSHOPS

Five more sessions

Bringing the vision for your next chapter into your leadership and life.

THROUGHOUT

Your peer group

6–10 founders in the sessions, small circles of 3–4 meeting in between.

WORKSHOP 1 · LIBERATING TRUE SELF

Updating your Protectors

We get to know your inner operating system: the beliefs, protective strategies and parts that once helped you succeed and now quietly limit how you lead.

We work to release limiting beliefs and protections that are no longer needed, and to update the parts that carry them. What emerges is more inner freedom, and the space to develop your own authenticity.

WORKSHOP 2 · LEADING FROM TRUE SELF 2

Uncovering and manifesting your True Self

Leading from True Self 2 brings together participants from different Liberating True Self cohorts: those who want to go deeper and further. Through a series of exercises we support the growth from a socialised mind to a self-authoring mind: according to Harvard's Robert Kegan, one of the most important steps in adult development.

We map what is old and ready to go and release it in a ritual, then invite, through visualisations, passions and talents, what wants a place in your next chapter.



AT THE HEART OF LEADING FROM TRUE SELF 2

A vision quest, with a night alone in nature

At the centre of the second workshop is a small vision quest: a ritual that includes a night alone in nature, under a simple tarp, to receive the vision for your next chapter. It is a simple, ancient form, and often the moment participants remember most clearly years later.

THE ONLINE SESSIONS

Keeping the work alive between and after the workshops

Two packages of five sessions: one between the two workshops, one after Leading from True Self 2. Each lasts 2.5 hours, is guided by Alex and me, and takes place with your peer group of 6–10 founders.

Every session combines deep personal work, taking the themes of the workshops further, with new content you can apply straight away: for example emotional intelligence under pressure, your needs, managing your energy, relationships and hard conversations, purpose, and embodying the change in daily life.

THE PEER GROUP

Why the circle matters as much as the workshops

Workshops create insight and momentum. Lasting change happens in the months that follow.

Your peer group of 6–10 founders meets in every online session. Within it, you form small circles of 3–4, and participants commit to meeting in these circles between the sessions: founders who know your story, see your patterns, and hold you to what you set out to change.

From impulse to action

Intentions formed in the Alps get tested in real situations, month after month.

Honest reflection

Peers who have done the same deep work can name what others won't.

Accountability

Regular meetings keep your commitments alive when daily pressure returns.

Friendships that last

The trust built over a year often outlasts the program.

INVESTMENT

Priced by the stage of your company*

Each workshop and each package of five online sessions is priced by the stage of your company. Early-stage founders pay part of the fee now and the rest after their next funding round. All prices excl. VAT.

FEE	YOUR COMPANY	EACH WORKSHOP	EACH ONLINE PACKAGE
Full	Series A+ · over €10m raised or €5m revenue	€5,000	€2,500
Partially sponsored	Seed · €1–10m raised or €0.5–5m revenue	€3,500 + €1,500 on your next raise	€1,750 + €750 on your next raise
Sponsored	Pre-seed · under €1m raised or €0.5m revenue	€1,750 + €1,750 on your next raise	€875 + €875 on your next raise

Not a founder? We use personal wealth as the guide: full fee above €200k, partially sponsored above €100k, sponsored below €100k.

* At least 10% of Jens' income is shared with partners working for social change.

YOUR GUIDES

Dr. Jens Riese and Alex Volz

Both of us have built companies, worked at McKinsey, and trained in Internal Family Systems and ontological coaching. We lead the workshops and every online session together. Write to us about where you and your company stand, and which path you are considering.

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