

A 3-day seminar in Berlin with **Natasha Swerdloff**



This seminar offers a clear and grounded exploration of inner peace and resilience. Rather than focusing on methods or techniques, it points to a natural understanding of how clarity, stability, and well-being arise from within.

As this understanding deepens, many people notice that pressure eases, thinking becomes clearer, and resilience emerges naturally. From here, presence, sound decision-making, and sustainable performance follow with greater ease.

The seminar is relevant both personally and professionally and welcomes anyone interested in greater clarity, inner stability, and resilience in daily life and work.

What participants will gain

- Greater inner calm and mental clarity
- Increased resilience in the face of pressure and change
- More grounded and confident decision-making
- A sustainable approach to performance, engagement, and leadership

Venue information

The seminar will take place at Evangelische Hochschule Berlin (EHB), Teltower Damm 118-122, 14167 Berlin-Zehlendorf.

Schedule

Friday May 1st:
Start at 14:30
and end at 18:00,
including a break.

Saturday May 2nd:
Full day from 10:00-
18:00 including a
two hour lunch break.

Sunday May 3rd:
Ending around 16:00
to allow comfortable
return travel.



Participation
is subject to the
Terms & Conditions
printed on the back.

Ticket options (Scan QR-code to buy your ticket)

	Private	Corporate
Early Bird Private (until March 15)	333 €	499 €
Regular Private	499 €	666 €

Natasha Swerdloff is a Denmark-based psychotherapist, corporate consultant, and executive coach with more than 30 years of experience supporting leaders and organizations through change, growth, and complexity. Self-employed since 1996, she has worked internationally across Europe, the U.S., South America, and Asia, delivering leadership development, executive coaching, and organizational transformation programs.

She has taught at Copenhagen Business School, the University of Copenhagen, the Technical University of Denmark, and the University of Southern Denmark.

Natasha is the author of *De 3 Principper* (Politikens Forlag) and co-author of *Coming Home – Uncovering the Foundations of Psychological Well-Being and Life Can Be Easier Than You Think* with Dr. Dicken Bettinger, as well as the children's book *Lulu & Leo*.

She founded The Principles Institute in 2012, later the Three Principles School, and currently serves as President of the Three Principles Global Community (3PGC).

Her work is recognized for its clarity, credibility, and practical impact in leadership and organizational settings.

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Payment by bank transfer is also possible

The participation fee must be transferred no later than 16 March 2026 to the following account:

*Account holder: Matthias Neukirchen
Bank: Badische Beamtenbank, Germany
IBAN: DE12 6609 0800 0900 2118 599
BIC: GENODE61BBB*

The amount must be credited to the account by 16 March 2026.

Terms & Conditions

Seminar with Natasha Swerdloff

*Dates: 1–3 May, Berlin
Venue: Evangelische Hochschule Berlin*

Organizer and responsible under German press law:

Matthias Neukirchen, Neukirchen Hochschulberatung

1. Registration & Event Formation

- Registration becomes binding upon payment.*
- The seminar will only take place if a sufficient number of registrations is reached by 16 March 2026.*

2. Cancellation by the Organizer

- If the required number of registrations is not reached by 16 March 2026, the organizer may cancel the seminar.*
- In this case, all participation fees will be refunded in full and without interest.*
- No further claims may be asserted.*

3. Liability

- Participation is at the participant's own risk.*
- The organizer assumes no liability, except in cases of intent or gross negligence as required by law.*

4. Personal Responsibility

- Participants are responsible for their own physical and mental well-being during the seminar.*
- Food and beverages are not included in the participation fee.*

6. Photography & Recordings

- Audio, video, or photographic recordings during the seminar are only permitted with the explicit consent of the speaker.*

6. Applicable Law

- German law applies.*

