



EL CAMINO MEETING

EL CAMINO ARETÉ

**EMPOWERMENT AND OVERCOMING ON
THE WAY OF SAINT JAMES**

May the path help you to look at the present you are building
and the future you are dreaming of



THE WAY



Every year more than 300,000 pilgrims from all over the world walk different paths to advance to Santiago de Compostela. The reasons that drive these people to begin this adventure are varied, but all of them are eager to prove themselves capable of making an extraordinary effort to reach the goal. And, as the people who have already done it know, the goal is not at the end: "The same Way is the true goal...". For this reason, many of them repeat over and over again this same path in search of continuous personal improvement.

The program that we offer intends to take this improvement to the personal and professional level: Following some sections of the old path of enlightenment, during eleven days we will also travel a path that will serve us for discovery and personal improvement.

We'll be walking through beautiful forests of oaks, firs, eucalyptus, chestnuts, walnuts, figs and some palms. We will relax our minds seeing cows' farms, flocks of sheep, horses, almost tiny villages, isolated houses, small villages, impossible scrolls, big rivers,... We will cross old stone bridges, visit chapels that have been open on the road for hundreds of years, and rest in inns attended by people who will welcome us with warm kindness.

Along perfectly signposted paths, we will sometimes walk in solitude, with hours and kilometres ahead for personal reflection. On other occasions, we will join other pilgrims who are eager to share with us, without prejudice of any kind, their concerns and experiences.

With the help of experts in personal and professional development methodologies, all this will help us to focus and clarify our deepest concerns and will help us in the transformation and improvement we seek with this experience.

THE WAY

Tema



Itinerario

1. Illusion and optimism

Find your Ikigai and live with purpose

2. Introspection, self-regulation and self-affirmation

The importance of setting goals to lead our lives and guide our actions

3. Teamwork, management and commitment

Every objective, well defined and with a good plan of action, is fulfilled

4. Resilience and overcoming

The ability to transit and connect with emotions and thoughts that help me reach the goal

5. Establishment of alliances

I'm not alone, there are people out there waiting for me

6. Enjoyment and satisfaction in everyday life

Celebrating the everyday is an attitude

7. Empathy and development of others

Developing powerful relationships

8. Commitment to the environment; contribution of value; ideas for improvement, 'weaving-weaving'

Explore my environment to offer and enhance my talent

9. Vision of the future, global scope

Be the change you want to see in the world

10. Learning Reflection and Summary

When you look back all the dots connect and make sense

11. Celebration of the achievements

The celebration ritual. To recognize in order to be able to continue





ILLUSION AND OPTIMISM



ASTORGA RABANAL DEL CAMINO

20km

Find your Ikigai and live with purpose. The importance of listening to your body-mind-emotion to prepare the foundation

"Today is not just another day but a new hope, a new illusion and a reason to give thanks to life"

Stage Description

Open our minds to start a new adventure, Welcome to the journey of your life! What sensations do we have? What do we see, hear, listen? How do we face it? How do we share our feelings with others? What do we expect from this path?

INTROSPECTION, SELF-REGULATION AND SELF-AFFIRMATION



RABANAL DEL CAMINO PONFERRADA

32km

The importance of setting goals to lead our lives and guide our actions

"He who looks out dreams, he who looks in wakes up."

Carl Gustav Jung

Stage Description

What is my goal? Do I feel able to do it? What internal resources do I need to achieve it? What obstacles can I encounter along the way? How will I overcome them? What do I want to achieve with this goal? When I achieve it, how will I celebrate it?

We will start by reviewing our individual project, to establish personal objectives and take into account possible contingencies and alternatives.

On arrival and in order to recover from the physical and mental effort we have made, we will practice a mindfulness exercise.



TEAMWORK, MANAGEMENT AND COMMITMENT



PONFERRADA
VILAFRANCA DEL BIERZO

24km

Every objective, well defined and with a good plan of action, is fulfilled

"I do what you can't and you do what I can't. Together we can do great things"

Mother Teresa of Calcutta

Stage Description

Who can help me reach the goal? Specifically, what do I need help with? How am I going to get that help; How am I going to organize myself? How am I going to overcome any disagreements that may arise?

RESILIENCE AND OVERCOMING



VILAFRANCA DEL BIERZO
O CEBREIRO

30km

The ability to transit and connect with emotions and thoughts that help me reach the goal

"There are no impossible obstacles, there are stronger and weaker wills, that's all!"

J. Verne

Stage Description

How will I overcome moments of frustration? How will I come out of situations and experiences that I classify as "negative"? What learning will I be able to extract from these situations? How will I stay motivated along The Way?

On arrival and in order to recover from the physical and mental effort we have made, we will practice a mindfulness exercise.



ESTABLISHMENT OF ALLIANCES



O CEBREIRO
TRICASTELA

21km

I'm not alone, there are people out there waiting for me

"You can create, dream, design the most beautiful place in the world, but you need people to make your dream come true"

Walt Disney

Stage Description

How do I know that I need help? How do I know who to ask for support? How do I negotiate 'win-win' alliances? How do I evaluate the success and benefit of alliances?

ENJOYMENT AND SATISFACTION IN EVERYDAY LIFE



TRICASTELA
SARRIA

18km

Celebrating the everyday is an attitude

"I enjoy life when things are happening. I don't care if it's good things or bad things. That means you're alive"

Joan Rivers

Stage Description

Many times we let the happy moments pass without stopping to celebrate them as they deserve. Thus, when we realize it, we are already immersed in solving another situation/problem that demands all our attention... When should I stop and celebrate a small success? How do I celebrate it? Who do I involve in the ritual of celebration?

On arrival and in order to recover t from the physical and mental effort we have made, we will practice a mindfulness exercise.



EMPATHY AND DEVELOPMENT OF OTHERS



**SARRIA
PORTOMARIN**

23km

Developing powerful relationships. Outside of my ego, I am able to genuinely accompany others without expecting anything in return

"Look with someone else's eyes, listen with someone else's ears and feel with someone else's heart"

Alfred Adler

Stage Description

How do I find out what the people around me think and feel? Do I really know what other people want or do they have to see my need? Do I really care what they want? Could I do something for them? Do I want to do it? And if so, how can I help them?

COMMITMENT TO THE ENVIRONMENT; CONTRIBUTION OF VALUE; IDEAS FOR IMPROVEMENT, 'WEAVING- WEAVING'.



**PORTOMARIN
PALAS DEL REI**

28 k

Explore my environment to offer and enhance my talent

"Creativity is seeing what everyone has seen and thinking about what no one has ever thought."

Albert Einstein

Stage Description

Where I live and work, what can I do to contribute to meet the needs? How can I specifically contribute? Is it related to what I want? What are the topics that I master and can I put myself at the service of my environment? How can I do it?

On arrival and in order to recover from the physical and mental effort we have made, we will practice a mindfulness exercise.



VISION OF THE FUTURE, GLOBAL SCOPE



PALAS DE REI
ARZÚA



Be the change you want to see in the world

*"No wind is favorable
for the one who doesn't know where he's going."*

Seneca

Stage Description

How do I rise from day to day to connect with the whole? How can I see the forest without getting lost among the trees? How can I overcome short-term thinking to turn to visionary thinking?

LEARNING REFLECTION AND SUMMARY



ARZÚA
O PEDROUZO



When you look back all the dots connect and make sense

What's your inspirational phrase?

Stage Description

We are finishing our journey; How can we reflect on the whole journey we have travelled? Do we do it individually or ask others for their opinions? What aspects do we think have improved and what aspects have not? How has the experience helped me? What would I change?

On arrival and in order to recover from the physical and mental effort we have made, we will practice a mindfulness exercise.



CELEBRATION OF THE ACHIEVEMENTS



O PEDROUZO
SANTIAGO DE COMPOSTELA

20km

The celebration ritual. To recognize in order to be able to continue

"The time that is enjoyed is the true time lived."

Jorge Bucay

Stage Description

We've already reached the finish line. I'm sure there's something to celebrate. What do I want to celebrate? How do I want to celebrate it? How do I want to do it? Alone or in company? What am I left with these days? If I had the opportunity to do it again, would I do it again?, Would I recommend it?, To whom?

What to do in Santiago de Compostela

Traditions

- Collect the Compostela
- Visit the tomb of the Apostle
- Embracing the Apostle
- Attend Pilgrim's Mass
- Watch Botafumeiro fly
- Visit the roof and museums of the Cathedral

Suggestions

- Visit the mercado de abastos
- Taste the famous Galician seafood
- Visit the Hostal de los Reyes Católicos
- Go for tapas in the bars of the old town
- Listen to the Tuna
- Enjoy strolling through the Old Town





PROGRAM

The learning program is developed in 11 consecutive days as a real experience where the people who participate are the protagonists. Each day we work and progress on a specific issue. For this, individual and joint reflection exercises are carried out, alternatives are visualized and analyzed, introspection is invited, mindfulness, silence,.... We work on NLP techniques, individual and group coaching, coaching for values, etc...

Accompanying the exercises, each of these days it is necessary to walk several kilometers, at an average speed of 4.5 km per hour. We will start at 8,30-9 h and finish at 16-17 h. Every two-three hours there will be a stop to rest and recharge.

Some of these exercises are also carried out in the afternoon, after arriving at the destination.

FACILITATOR TEAM

The whole programme is directed by one or two expert professionals, with accredited training and years of experience in methodologies that accompany personal and professional development (coaching, psychodrama, NLP, mindfulness,...).

GUIDE

We will be accompanied by an expert guide to inform us about the route and a support vehicle to help us in any incidents. This vehicle will take the suitcases, will serve us lunch on the same Way and may even save us a few kilometers, if necessary.

PHYSICAL CONDITIONS

It is not necessary a special physical preparation, although logically it is necessary to be accustomed to this type of continuous exercise. Yes, it is advisable to have minimally used footwear and appropriate clothing. For more information check our website.

We will be accompanied by a certified first aid specialist who will attend to minor problems.

INSURANCE

We will also have travel assistance insurance to cover any need arising from an accident or health problem.





GROUP

In order for each participant to be able to achieve the desired objectives, the group is made up of a maximum of 16 people.

LODGING AND MEALS

Accommodation is in single or double rooms, according to preferences and availability, and in charming rural establishments or in 3-4 star hotels, also according to availability at the destination.

The group has breakfast and dinner together in the accommodation or in a good restaurant in the area. A small snack is served at noon on the same route and is served by the support vehicle.

LANGUAGE

The program is taught in Spanish, English or French depending on the composition of the group.

LA CREDENCIAL

Those pilgrims who stamp their credentials daily during the Camino will be able to pick up their certificate of having carried out the pilgrimage with Christian meaning, issued by the ecclesiastical authority.



**WOULD YOU LIKE MORE
INFORMATION?
WE WILL BE DELIGHTED TO HEAR FROM
YOU**

"Your gaze will become clear only when you can see into your heart. He who looks out, dreams; he who looks in, awakens"
Carl Jung

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