

Listen to the call and
seek your adventure

The Calling

a retreat

Held at Möllan
Retreat in Sweden

Spring retreat 2025:
Fall retreat 2025:

March 6-9, or
Oct 30 – Nov 2

What is calling on you?

Sign-up by writing to
thecalling@mollerbeck.com

You should join us, if you are ready to start listening to what is calling on you and let it guide how you lead your work and live your life.

In a world where we are running faster and faster. Where people become sick from going to work. Where we wake up and feel a sense of meaninglessness in the pursuit of our goals and aspirations, we must stop and recalibrate what is truly important.

We do this by becoming aware of how we are called to make a difference. By taking the time to listen deeply and find the courage to move beyond the fear that keep us from following our bliss and our heart's adventures.



It is about finding the courage to fight for what is truly important. It is about taking time to reflect and cultivate the inner voice that can guide you in difficult choices. It is about playing the role that you were meant to play at work and in your life. It is about being truly be alive.



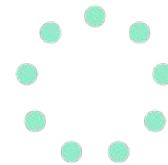
During the retreat,
you will have time for ...

- Deep conversation
- Journalling
- Nature walks
- Meditation
- Sauna
- Lake dipping

How do you know, if this is for you?

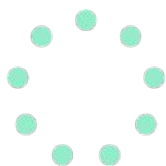
Sometimes, you feel a kind of dissonance. Yet, it doesn't have to be very intense or very clear what this dissonance is about.

You might feel like you are not entirely in the right place, or that you are longing to have a bigger impact through your work or spend more time on activities that are more in alignment with what feels most natural to you.



Now you might be asking questions such as:

- Am I spending time on what is most important?
- What would I do, if nothing stopped me?
- What will truly make me come alive at work and at home?
- What kind of impact do I long to have?



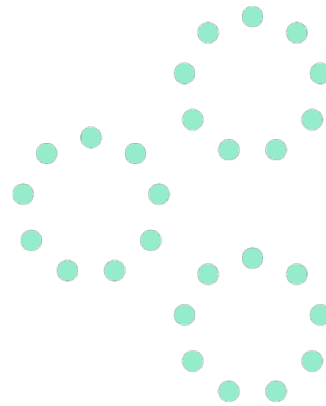


Dare to make a leap
into the unknown

What will I experience as a participant?

It all depends on where you start, but we expect that one or more of these will be true:

- You will become more grounded in yourself
- You will feel more alive
- You will become clearer about what is important to you
- You will cultivate a deeper sense of listening to your inner voice
- You will access a new sense of direction that you can bring to your work and relationships
- You will build a new relationship with resistance and how to take action

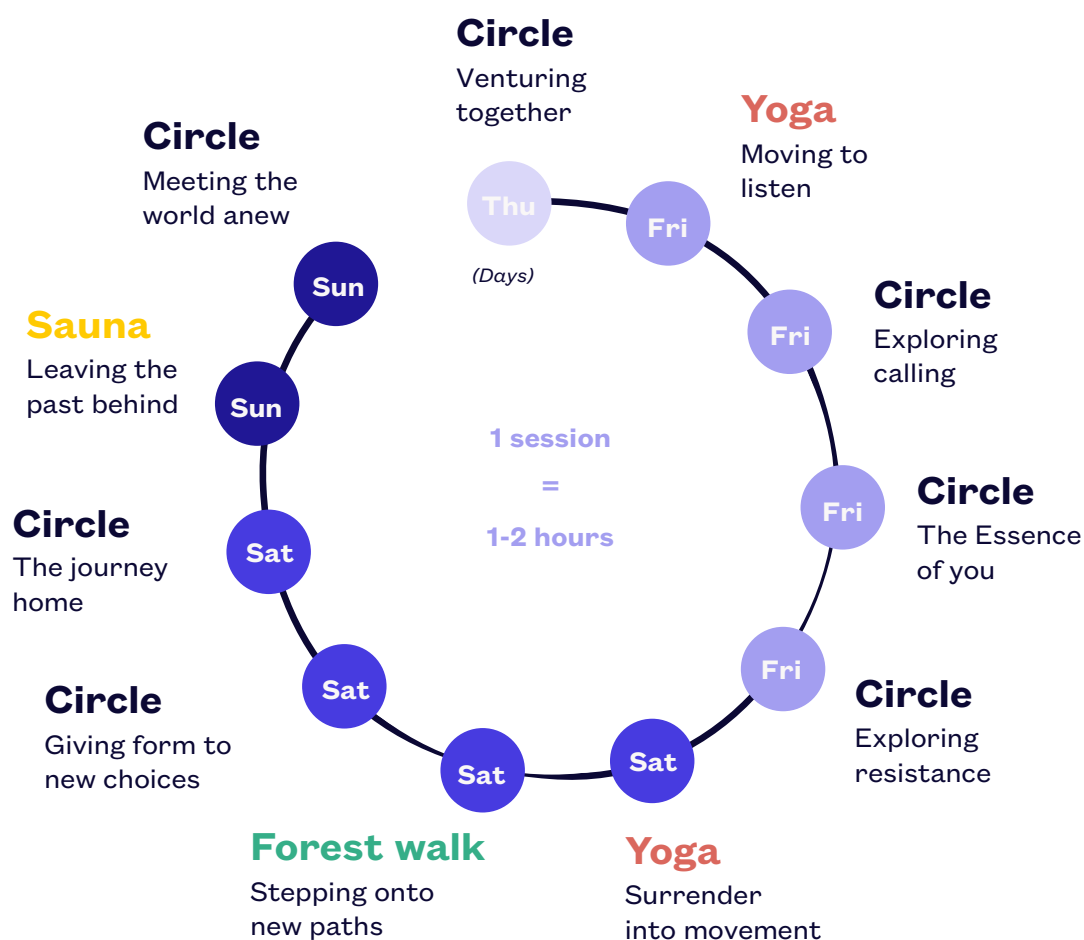


That said we don't fool ourselves or you. The Calling is not the ending destination, rather it may be the beginning, or an oasis on your existing journey. This type of personal growth is much more about cultivating a way of listening and of being present to what is truly important in your life, than it is a one-off event.

11 short sessions of courage and choice

Over 3 days you will go through seven circles of teaching and journalling, 2 yoga sessions, a forest walk and a facilitated 'saunagus' – all tied together in a journey into what is calling on you.

In-between sessions you will have long breaks of several hours that you may spend however you choose; writing, talking, hanging out, enjoying the sauna or going for a walk in the deep forest.



The teachers



Jakob Møller Beck

Jakob is a force for personal growth and transformation.

He holds a master's degree in leadership from Copenhagen Business School and has worked internationally as an executive coach and facilitator of transformation for the last 12 years, supporting senior leadership and teams.

At the age of 20 Jakob was stabbed in the stomach which left him with a partially paralyzed leg. Having had to give up on old ways of seeing, doing and being, Jakob now taps into insights from his own personal transformation to help leaders create breakthroughs in their lives and at work. This way he facilitates processes' of supporting each person to move through fear and build choice, commitment and accountability.

Jakob is a heartfelt, strong and insistent teacher with a unique ability to see the potential in the people he supports.

Jakob will be the main teacher at the retreat.



Jeppe Skovgaard

Jeppe is a pioneer in the movement community.

He holds a master's degree in leadership from Copenhagen Business School specializing in corporate mindfulness. Further, with a deep curiosity for growth, Jeppe became an internationally recognized yoga teacher already in his late twenties.

Jeppe is also the founder of the festival Move Copenhagen and the movement and meditation community and studio Rört. Finally, he is the co-owner of Sweden based retreat centre Möllan along with his wife Åsa Kalyani.

Jeppe is a clear, eager and explorative teacher and speaker. He has a unique ability to create spaces for growth, where many people can join the journey of self-exploration and being alive through the body, mind, and heart alike.

During the course Jeppe will join as a host of Möllan, teach yoga sessions, and lead walks into the forest.



The Shala at Möllan Retreat

What participants say

If only for a moment you think of going – THEN GO!

The Calling is a life-changing process that quickly removes all the noise in your life.

With Jakob as an exceptional guide, I discovered what is possible when I stop fighting myself and instead listen courageously to what I already know to be true.



Morten Salimi Hansen



Sandra Ladefoged

“The Calling gives you the space to connect deeply with yourself and the courage to follow your true purpose.”

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Prices

For private individuals

- Early bird (see dates next page) **4.950 DKK incl. VAT**
- Regular ticket **5.550 DKK incl. VAT**

For businesses

- Single tickets **7.750 DKK excl. VAT**
- Multiple tickets **Ask for price**

Practical information

Hosted by MøllerBeck

To learn more: www.mollerbeck.com

Dates

Spring

- Retreat: Mar 6-9
- Final gathering: Apr 7
- Early bird deadline: Jan 10

Fall

- Retreat: Oct 30 – 2 Nov
- Final gathering: Nov 20
- Early bird deadline: Aug 15

The Final gathering is from 16.30 – 20.00

Food:

At Möllan food will all be vegetarian/vegan, wonderfully nurturing and beautifully cooked by one of our community chefs. Write us directly with any dietary needs or allergies at thecalling@mollerbeck.com

Locations

Möllan Retreat

Höghultström 2, 360 70
Åseda, Sweden

Final gathering

Held in Central Copenhagen
(location TBD)

Transportation

Retreat: Arrival on a Thursday between 16:00 and 18.00. Departure on Sunday 12:00.

Möllan is approximately a 4-hour drive from CPH

It is possible to be picked up at the station in Åseda if you take public transport

Join us at

Möllan Retreat