



Frequently Asked Questions about INW

Q: If I am a very private person, should I take the INW?

A: There is no pressure to participate in any way. You are encouraged to choose every moment and to do what feels right to you. There is no peer pressure, the only expectation is for you to get what you want in whatever way you want.

Q: I live nearby, can I spend the night at home?

A: The overnight stay is part of the experience and part of the commitment to yourself and therefore included in the price. Our experience has learned that this night strongly contributes to the results. It adds to the focus on yourself and your objectives. Instead of going back to family life, social activities, e-mails and so, we invite you to remain focused on what you came for.

Q: Do you recommend that friends or people who are in relationship take the INW together?

A: It really depends on the type of relationship that you have. If you have an open, 'equal' relationship with no secrets, then 'yes' by all means do it together. If you have a relationship that has secrets and private areas, then do it at different times.

Q: What do I bring to the INW?

A: Bring a willingness to discover solutions that you never considered before. Bring curiosity about how to manifest your dreams. Bring the courage to explore new ways of interacting and communicating. Bring your list of objectives, those specific items that you want to be different. You can also bring a sweater or jacket, a favorite pen, jogging material, etc.

Q: Why do people take the INW?

A: People take the INW because they want to use these two days to efficiently make changes to enhance the quality of their lives. They want to quiet the voices in their minds, to heal old incidents, to experiment with new behaviors, to end old patterns, to create new beginnings, and to manifest the life they want to live.



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Q: What do people hope to get out of the INW?

A: In the wizard of OZ, each of the characters wants something they feel they lack. The lion wants courage, the tin man wants a heart, the scarecrow wants a brain, and Dorothy wants to find her way home. In a sense the INW is similar in that each person comes with their own objectives and through their intention and the support in the room everyone gets what they are looking for.

Q: What is the success rate?

A: The success rate of the INW is extremely high because we do intakes with all people interesting in taking the INW. We do this, to ensure that they have real objectives and we make certain that they truly want to make the INW the vehicle that will get them where they want to go.

Q: What makes it different from other workshops?

A: Many workshops involve a traditional didactic approach with a teacher or trainer who lectures, and there are certain exercises that everyone does at relatively the same time. The INW is different in that you are designing your own workshop in a small and intimate environment. Through the MMS coaching method, you will uncover your answers and design your individual way to create your unique imprint. When you come up with your answers and then are supported in ritualizing them, you orchestrate your own rite of passage from the old to the new. Everyone gets personal attention, and a minimum of four individual mini-coaching sessions, one at each break.