



Resourcement Centre
Van de Walle

Inspirational & motivational keynote speaker

THE PATH TO MASTERY



“His no-nonsense approach captures the essence of things. And that’s a refreshing experience in a complex world “

Growing towards mastery is a path everyone can follow, for as long as they live.

Let Olympic champion, coach and mentor Robert Van de Walle inspire you with insights that you can apply to all aspects of your private and professional life.

Using the concept of unity of body, mind and skills, you will gain awareness of the way your mental attitudes influence your behaviors and social interactions. You’ll be motivated to think about your values, your potential and your energy.

Robert Van de Walle will demonstrate how you can improve your resilience and contribute to finding a balance between decisiveness, performance and well-being.

Reflections on values and standards, visionary leadership and strong teamwork will inspire you for releasing the full potential of the people in your organisation.

Parallels with Olympic achievements will give evidence of character development, mental alertness and physical fitness, in addition to discipline and technique.

Robert Van de Walle, a driven Belgian judoka, took part in the Olympic Games 5 times and was awarded gold and bronze medals. He also won gold, silver and bronze medals at many European competitions and world Championships. He is currently 8th Dan Judo.

Robert Van de Walle, is not only a sportsman. His enthusiasm has led to other achievements too. In 1985 he set up the Resourcement Centre. His extensive experience in coaching leaders and organizations from all over the world, has given him the background he needs to support people in demanding, rapidly evolving and challenging environments. The secret of his success lies in the notion of synergy between body and soul, constructive teamwork, and the infectious enthusiasm of the “master”.



Robert Van de Walle's intervention will be customised to the context of your gathering.

T H E B A S I C S

BREAK WITH INEFFICIENT HABITS

Control inefficient thoughts, feelings and actions.
Break the status quo.

DEVELOP SELF-KNOWLEDGE AND EMPATHY

We can learn from everything and anybody as long as we remain open.
Be guided by masters in the field you want to develop.

BE STABLE AND FLEXIBLE AT THE SAME TIME

Achieve a maximum of efficiency with a minimum of effort.
Keep the end in mind, focus on solutions and adapt the way you get there.

APPLY THE FACTORS FOR SUCCESS

Focus, be patient and have discipline.
Purposeful thoughts, visualisation will lead to successful actions

STRIVE TO MUTUAL WELL-BEING

Win-win situations, ego-control and humility lead to harmony in relationships with others.
Be friendly and honest, correct and determined.

SOLVE PROBLEMS IMMEDIATELY AND COMPLETELY

For living in reality and striving for quality, do what is right, not what is easy.
Remain strong after a set-back or difficulty.

BALANCE ACTION AND RELAXATION

Listen to your body and develop a rhythm in which action and rest are integrated.
Take care of a healthy life-style.

MASTERY IS A WAY OF BEING AND DOING

Bring thinking, feeling and doing into balance.
We are not human "doings", but human "beings".

LIVE TO SHOW YOUR PASSION

The better you get, the more joy you will experience.
Be wildly enthusiastic.

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