Hi John, Menno, Antoine, Fathima, Dina, Madushika, Rashmi and Jess,

Wonderful to encounter all of you in this Self-Mastery Group! :-D

For those of you whom I haven't yet met, allow me to briefly introduce myself:

My name is Lee Mason and I was born in London, England. At the age of nine, I moved to the Netherlands, where I currently live, in Amsterdam.

I'm a graduate of the Amsterdam University of Applied Sciences (HvA), where I studied Physical Therapy. As a physical therapist, I facilitated thousands of treatment sessions with patients in various sectors of the Dutch healthcare industry, including private practices, rehabilitation centers, a hospice and a university hospital (VU University Medical Center Amsterdam).

As a teacher, I've facilitated courses and workshops for students of universities in Amsterdam (UvA), Utrecht (UU) and Eindhoven (TU). In addition, I've provided individual coaching for clients employed by, among others, Accenture, Amsterdam University (VU) and the Dutch Ministry of Education, Culture & Science (OCW).

I have a keen interest in holistic approaches to health and well-being and has studied systemic therapy (constellation work) in the lineage of Bert Hellinger.

As a faculty member of Ubiquity University, I developed and recently hosted Integral Flourishing Part One and I'm currently developing Integral Flourshing Part Two. Through both courses, I aim to offer participants a number of practical techniques that can help them to concretely improve the quality of their daily lives.

Please write a few words to introduce yourself to the group!

(If you feel comfortable doing so, feel free to share your Self-Mastery Goals for this trimester in this group. If not, please e-mail me your Self-Mastery Goals for this trimester directly via: leemason@ubiquityuniversity.org)

I'm looking forward to supporting all of you in the achievement of your Self-Mastery Goals for this trimester! :-D

As for the Self-Mastery Sessions, I would like to invite you to schedule sessions as soon as possible, so we can work systematically on the realization of your Self-Mastery Goals!

I'm available for sessions on the following dates:

Sunday, June 10th, from 14:00 to 23:30 (Amsterdam-time)

Sunday, June 24th, from 14:00 to 23:30 (Amsterdam-time)

Sunday, July 8th, from 14:00 to 23:30 (Amsterdam-time)

Sunday, July 22nd, from 14:00 to 23:30 (Amsterdam-time)

Sunday, August 5th, from 14:00 to 23:30 (Amsterdam-time)

Sunday, August 19th, from 14:00 to 23:30 (Amsterdam-time)

Please use Calendly to schedule Self-Mastery Sessions:

https://calendly.com/leemason/30min/06-10-2018

And please check the time-difference between Amsterdam and where you are using worldtimebuddy:

https://www.worldtimebuddy.com/

Enjoy your day, all! :-D