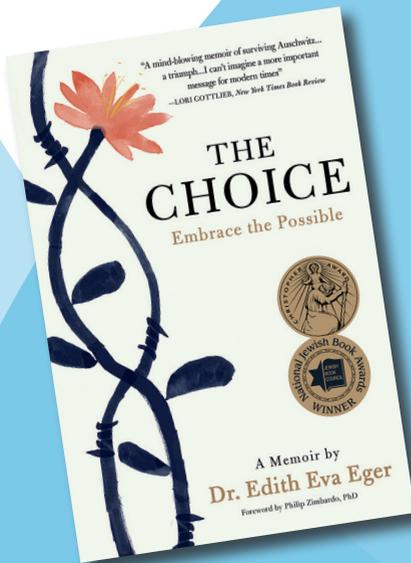


MASTERCLASS WITH DR. EDITH EVA EGER

## 'The ballerina of Auschwitz'

Author of the bestseller 'The Choice.  
Embrace the Possible'

How everything that happens during your life  
can become a source of inspiration and growth.



May 3, 2019  
Zeist

*'I turned Auschwitz into a classroom.'*

## Why this Masterclass

In the past year, tens of thousands of people in The Netherlands have read the breathtakingly inspiring book 'The Choice' by Edith Eva Eger, also known as 'The Ballerina of Auschwitz'. The American-Hungarian Dr. Eger is one of the few survivors of Auschwitz still alive today, and is an internationally renowned psychotherapist. The word 'surviving' doesn't do her justice. Dr. Eger shows us like no other how a person is capable of living life to the fullest and experiencing joy (again), regardless of his or her past.

*The Choice is a gift to humanity. One of those rare stories that you don't want to stop reading and that will change you forever. Dr Eger's life shows us that we can overcome even the most terrible horrors and use them to help others. – Desmond Tutu*

Dr. Eger is now 91 years of age, but that didn't stop her from accepting our invitation to deliver an inspiring Masterclass on May 3<sup>rd</sup>. *A once in a lifetime experience!*

## Content

During this Masterclass, or as Dr. Eger refers to it *A Dialogue with Edie*, Edith will show through her own experiences how you can turn everything that happens in your life, including painful and traumatic experiences, into a source of inspiration. She shares insights that she gleaned not only from her personal and professional experiences, but also from her sources of inspiration/mentors such as Viktor Frankl, Carl Rogers, Albert Ellis and Martin Seligman. Dr. Eger will discuss various topics, including:

- how you can truly become yourself by facing painful experiences head-on;
- how you can experience joy despite facing disappointment and loss;
- how you can focus on real possibilities rather than being distracted by the impossible;

- how the final words of her mother became a secure base: ‘remember that nobody can take your thoughts away from you’;
- how forgiveness can contribute to meaningfulness;
- how she, in her practice, helps clients break out of their own personal prisons;
- how her work involves CHOICE: *compassion, humor, optimism, intuition, curiosity and self-expression*;
- how she works with people to face their self-undermining behaviour and gives them the choice to let this go;
- how you can use *The Four Questions* as something to hold on to in your work with others.

*You can find freedom by accepting what has happened.*

*Freedom means gathering the courage to break down  
the prison, brick by brick.*

Edith

## Benefits

- Life changing meeting with a legendary woman.
- Inspiring insights from her practice that are applicable to your own work situation.
- Insights about the importance of focus, secure bases, and making choices.
- Meeting with fellow professionals and peers.

## Work Method

Edith Eva Eger will tell her inspiring life story and how she uses it in practice, including when working with others. Jakob van Wielink will support her dialogue with the participants. After the event there will be a lunch buffet where you can meet one another and there will be a chance to get your copy of the book signed. The book ‘The Choice’ is included with the Masterclass. The event will be conducted in English.

# Edith Eva Eger

Edith was sixteen years old when she was deported to Auschwitz in 1944. Her parents were murdered shortly after their arrival. Edith was clinging to life when the liberation occurred. Edith survived thanks to her life attitude: bravery and her ability to focus not on the pain and suffering, but on her future after the camp. Despite her advanced age, she still works as a psychological therapist to help clients to free themselves from their own thoughts, allowing them to choose freedom. Her impressive life story is a source of inspiration for everybody.  
See: <https://dreditheger.com>

## Where

Figi Zeist. Easily accessible by public transit and car.

## When

May 3, 2019 from 10:00 - 13:00

## Price

€ 295,-- (including lunch and the book *The Choice*). If you sign up before April 5, you will pay the early bird price of € 275,--.

## Sign up

Via [www.in-de-wolken.nl/egerenglish](http://www.in-de-wolken.nl/egerenglish).

# About the organization

The substantive organization of the Masterclass is handled by De School voor Transitie and the Expertisecentrum Omgaan met Verlies. You can sign up via the congress secretary of Publicatiebureau In De Wolken: <https://www.in-de-wolken.nl/egerenglish>.

