



FIND YOUR WAVE

Challenges like learning new activities or visiting places that are foreign, give rise to new ways of thinking and functioning within. We at Find Your Wave are two licensed psychologists who are in the process of developing a concept where we use surfing as a tool for psychological development, working parallel on both individual and group level.

In January 2015 we will launch our pilot in cooperation with Surfcamp Lombok in Indonesia. We are now offering you the opportunity to be a part of it.

Why surfing?

Surfing mirrors life itself in a special kind of way. The learning process and the actual practice of surfing for both beginners and experienced surfers include having the courage to fail in order to improve. Every wave is a new challenge and even the best often topple over or wipe out.

Surfing teaches us that we need to take risks and occasionally fall down, since in the end it's often our setbacks that lead to new experiences, insights and opens up possibilities. This type of hands on involvement is a great starting point for working with psychological development.

How will it happen?

You will spend two weeks in a beautiful place located in south Lombok in Indonesia. Here a team of Swedish and British surfers has over the past seven years created an ambitious and in many ways unique surf program under the name Surfcamp Lombok.

With the Surfcamp Lombok course as a base, Find Your Wave takes their concept further by introducing professional psychologists with knowledge and expertise in individual, group and organizational development.

The surf course will be taught by certified instructors and will give you the theoretical as well as practical basis in surfing. There will be one long surf session per day, as well as possibility for time out on the ocean at sunrise and sunset. The spot is ideal for learning to surf and almost always, no matter what the weather, offers good conditions for surfing.

Every day will start with a yoga session designed for sore surfers' muscles and ways of opening up to new experiences. All meals are included and put together especially for the planned activities.

During the stay at Surfcamp Lombok you get exclusive sessions with two psychologists, working with you both individually and as part of a group. The individual sessions will take place approximately every other day and the theme and focus on these will be decided according to your needs and wishes. For example, it may be about broader understanding of you and your relationships, ways to handle stressful situations, or improved communication and effective leadership.

Daily group sessions led by our psychologists will contain discussions and reflections of relevant subjects and topics tailor made according to the groups' composition. Furthermore we will work with practical exercises with the purpose of understanding and developing skills for communication and cooperation.

What will you get out of your stay at Surfcamp Lombok?

> After two weeks with our surf instructors you will have a very good understanding of the art of surfing.

> Through work with our psychologists you will have a clearer image of yourself and how you function as a person.

> You expand your network and meet ambitious and creative people from different backgrounds.

> You will spend two weeks in January at a warm and very special place in Indonesia.

Interested? Let us know!



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Find Your Wave is a start-up company with background in an organizational development project that took place during January 2014 at Surfcamp Lombok. For more information about us and Surfcamp Lombok check out facebook.com/findyourwave.se, email to kontakt@findyourwave.se or call/text us on the numbers below.



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