

ReBoot



Hamburg

22 - 25 APRIL 2022

WELCOME

Welcome to ReBoot 22, an event that aims to give content creators a fresh approach and inspiration to kick start their future work and projects.

ReBoot is full of wellness, mindfulness and creativity via practical workshops, classroom sessions and wellness experiences.

ReBoot 22

Hamburg, Germany 22nd - 25th April 2022

ReBoot 22 wouldn't have been possible without the help and support of our host destination, Hamburg. We would like to say a big "thank you" to them for all their help and support in making the conference happen.

We'd like to thank all of our extremely talented speakers for creating amazing workshops and sessions.

MAKING THE MOST OF REBOOT 22

We like to think of all Traverse events as less like a conference and more of an environment for networking, having fun and learning to improve your content creation skills.

We usually say that you get out of an event what you put in and a bit of planning goes a long way. So try to attend the right sessions, ask the right speakers the questions you need answers to and try to be a bit proactive. This will help you get the most out of ReBoot 22.

By the end of the event we hope you leave having learnt a few key things that you can apply directly to your own work. As well as having enjoyed the social events and made some friends along the way.

We'd love your feedback, so feel free to tweet during the conference or Instagram your photos.

You can tag your tweets and photos with #ReBoot22, @TraverseEvents @hamburgahoi.

SCHEDULE

SATURDAY

ReBoot

TIME	SESSION
8:45	WELCOME
9:00	Laura O'Driscoll GETTING FIT JUST GOT FUN!....
	Travis Levius (2 hours) Creative Goal-Setting
10:00	Akta How slow living can take you further as a creator
11:00	Kim Sterenborg (2 hours) Home Office Yoga
	Rich McCor Paper 'Kraftwerk' with Paperboyo
	Chris Brandwein (2 hours) How to use Tension to pull you into your "Zone of Genius"
12:00	Gemma Holmes Getting to know future you
13:00	LUNCH BREAK
14:00	Michael Tomas Photo Walk
	Erick Prince Reigniting Your Purpose in Creativity
	Conversations Over Cake
15:00	Kelly Peck Ground, Heal and Balance Your Energy Levels
	Alice Nettleingham (2 hours) How to ReBoot Your Creator Mindset for Success in 3 Easy Steps
	Judith Lewis (2 hours) Focusing: Remove your mental clutter & let your creativity flow
17:00	DEPART FOR EVENING CRUISE

FLOOR 1

FLOOR 3

FLOOR 4

MEETING ROOM

SUNDAY

ReBoot

TIME	SESSION
9:00	Laura O'Driscoll GETTING FIT JUST GOT FUN!...
	Gemma Holmes Getting to know future you
10:00	Akta How slow living can take you further as a creator
	Momtaz Begum-Hossain (2 hours) Creativity for Creators - exploring Art & Colour Therapy
11:00	Karen Sargent The secret to sustainable productivity
12:00	Ed Kirwan Empathy and Storytelling Part 1
13:00	LUNCH BREAK
14:00	Ed Kirwan Empathy and Storytelling Part 2
	Conversations Over Cake (2 hours optional)
15:00	Seanna Fallon (2 hours) Conscious Connected Breathwork
	Karen Sargent The secret to sustainable productivity
16:00	Erick Prince Reigniting Your Purpose in Creativity
17:00	Kelly Peck Ground, Heal and Balance Your Energy Levels
18:00	END SESSION

FLOOR 1

FLOOR 3

FLOOR 4

MEETING ROOM

SATURDAY

SATURDAY

GETTING FIT JUST GOT FUN!....

9:00am - 10:00am   

FLOOR 1

LAURA O'DRISCOLL

Two uplifting group fitness sessions to fire up both the body and mind, through a mixture of fun filled exercise(promise), dance(if you're not a pro just go with the flow) and affirmation(say it loud and say it proud!). Come along to start your day with the feel good factor! *Both classes are slightly different.

Key Takeaways: - Energy - Motivation and a big smile!

CREATIVE GOAL-SETTING

9:00am - 11:00am 🧠 🧘

FLOOR 3

TRAVIS LEVIUS

As creatives, we often hear the phrase “dream bigger,” but how—in pursuit of major goals—can we learn to dream BETTER? This creative goal-setting workshop will show you how to harness your mindpower to help create the reality you want. We’ll discuss the Do’s & Don’ts of visualisation, affirmations, journaling and more (backed by research), and by the end of the session you’ll create a powerful digital vision board to help you manifest your wildest dreams.

PLEASE NOTE: Please bring a laptop or tablet with you for the digital vision board exercise.

Key Takeaways: - Discover science-backed goal-setting techniques that turn “big” dreams into tangible ones - Learn about the power of vision boards—and create one during the workshop - Understand the power of your subconscious mind, and how to wield it for the future you desire

HOW SLOW LIVING CAN TAKE YOU FURTHER AS A CREATOR

10:00am - 11:00am 🧠

FLOOR 4

AKTA

The slow living movement encourages you to take the time to enjoy things in your life and to be more intentional and conscious with the things you do. This can help with creativity, and ironically, productivity.

Key Takeaways: - What slow living is - Why we need slow living as creators on the content treadmill - How slow living can help you as a creator with creativity and productivity - Ways to embrace slow living as a creator

HOME OFFICE YOGA

11:00am - 1:00pm 🧘

FLOOR 1

KIM STERENBORG

Are you slouching and slumping away behind your home or remote office desk? Then join this workshop full of yoga and relaxation exercises you can easily and quickly do and adjust to your needs - you don't even have to leave your desk. We'll end with a soothing yoga nidra session. Suitable for all levels!

Key Takeaways: - Improve your posture - Reduce stress - Increase focus

PAPER 'KRAFTWERK' WITH PAPERBOYO

11:00am - 12:00pm 🎨

FLOOR 3

RICH MCCOR

We'll be making some (loosely) German themed papercrafts (origami sort of creations). It will be a chance to learn some basic papercraft skills and hopefully get into a therapeutic mood as we get creative together. While we're making our designs I'll be talking about my experience of building a career on creativity, how I get through creative block, why it's important to 'play' and I'll answer any questions along the way.

Key Takeaways: - Value of losing yourself in a creative task - Value of trying something new/experimenting - Building creative confidence

HOW TO USE TENSION TO PULL YOU INTO YOUR "ZONE OF GENIUS"

11:00am - 1:00pm  

MEETING ROOM

CHRIS BRANDWEIN

In this experiential workshop I will be diving into the concept of the Zone of Genius, that is often also called the "Flow Zone": your true soul-calling. This session is for you, if you already know what this zone is for you, but there always seems to be something holding you back from truly reaching it. Or if you haven't quite discovered it for yourself as yet. I would especially love to see you in this session, if you feel that you are too lazy, too tired, not disciplined enough, not good enough, or "life just gets in the way!" and you simply don't have the time to reach your true goals (if you are even worthy of having them).

If this resonates with you, you will want to participate. Because here you will discover that this is nothing personal, but instead, it's structural. You will be introduced to the mechanisms that keep you in the "safe" structure, and what to do in order to switch to the "genius" structure, completely independent of your past experiences, your education, and your environment. As, like I said, it is NOT personal. You are not broken and don't need to be fixed. It's simply a matter of learning how to effectively use your free will, and the impact of intention setting vs. the classic goal setting.

I will lead you in a powerful visualization that connects you with your Zone of Genius, your Greatness, and from there you can choose new, more adequate structures for yourself. You will leave, knowing what a powerful creator you truly are, appreciating the absolute beauty and pure potential in what you once perceived as a flaw.

Key Takeaways: - You will learn why you can stop trying to "fix" yourself in any way - You know how to switch from a "victim" perspective on life to a "genius" perspective - You will receive a workbook and additional material that will support you in incorporating these learnings into your everyday life

GETTING TO KNOW FUTURE YOU

12:00pm - 1:00pm 

FLOOR 4

GEMMA HOLMES (THE PEER COACH)

Have the last couple of years left you feeling a bit deflated and lacking in clarity about who you are and what direction you want to go in?

- Would you love to understand yourself more deeply and be able to take more confident actions as a result?
- Are you up for working with your unconscious to help guide you towards the future you desire?

Then this is a session for you! In this one-hour workshop you'll learn all about the Neuro-logical Levels of your mind – what they are and how they can help you create the future you desire.

You'll be guided through the levels in a group coaching style, with plenty of opportunities for self-reflection and to be inspired by others. You'll consider what's important to your future self, what you believe and value as that future you, and what you stand for in this world. You'll see this future, feel this future and even step into it.

You'll consider the beliefs and behaviours that will help you most and understand those that don't serve you so well. It's a deep dive into the creator and person you want to be. And you'll be guided through a gentle yet powerful trance experience to help you take these learnings in at an unconscious level.

IMPORTANT PLEASE NOTE: Due to the inclusion of trance-based exercises, this session is not suitable for those with any history of schizophrenia, psychosis, bi-polar, personality disorder or epilepsy.

Key Takeaways: - Get to know yourself and what's truly important to you at an unconscious level - Visualise a future for yourself that feels right at every level - Get ready to use your new clarity as a springboard for taking positive action

PHOTO WALK

2:00pm - 3:00pm 🖌️

FLOOR 1

MICHAEL TOMAS

Grab your camera and get some fresh air on the streets of Hamburg as timelapse and architecture photographer Michael Tomas takes you on a photo walk to snap some epic shots. Meeting on Floor 1 of Mindspace.

REIGNITING YOUR PURPOSE IN CREATIVITY: BURNOUT, TRAUMA, AND THE CREATIVE PROCESS

2:00pm - 3:00pm ❤️ 🧠 🖌️

FLOOR 3

ERICK PRINCE

In this talk we'll cover creative burnout, trauma, and how we can recapture our purpose for content creation. Many of us started creating content for a specific reason. That reason is rarely to become rich and famous. But along the way, many of us lose our connection to the things that inspired our mission in the first place.

Attendees will gain some tools to reignite that original fire OR for others to find out what that fire is for the first time.

IMPORTANT: This session includes strong references to mental health, suicide and racism. If you do not want to take part in that particular part of the session you'll have the option to step out and take a break. You will be notified beforehand by the speaker.

Key Takeaways: - Why We Lose Our Creative Passion - How to Identify Your Purpose - Strategies to Respark Your Creativity

CONVERSATIONS OVER CAKE

2:00pm - 3:00pm   

FLOOR 4

Come join this self-guided session for a chance to make unique connections with other Rebooters. Go beyond the boring small talk and have deeper conversations thanks to the question cards provided. And oh did we mention, you can do this over a slice of Hamburg's delicious traditional cake.

GROUND, HEAL AND BALANCE YOUR ENERGY LEVELS

3:00pm - 4:00pm  

FLOOR 1

KELLY PECK

Do you feel overwhelmed or unclear about the path you are on? This session will help you pull yourself out of linear patterns that can keep you stuck & will focus on helping you to align with your true nature through understanding and working with energy. We'll delve into what energy is, how it can remain stuck within our bodies, and the significance of clearing stagnant energy.

You'll gain a deeper understanding of your energetic field, the benefit of movement, and how to empower yourself by developing an energy practice built on personal values. With an insight into energy and simple tools to balance your energy levels, you'll master how to be naturally guided by your intuition, embody your unique blend of magic & in turn, live a more soul-aligned life.

Key Takeaways: - How to energetically ground & work with your natural rhythms - The value of honouring your soul path & allowing your inner compass to lead the way - Energy balancing techniques that you can easily integrate into your day-to-day

HOW TO REBOOT YOUR CREATOR MINDSET FOR SUCCESS IN 3 EASY STEPS

3:00pm - 5:00pm 🧠

FLOOR 3

ALICE NETTLEINGHAM

Overwhelmed, procrastinating and self-doubting? It's time to go way deeper through hypnosis to your subconscious level.

To the root, reason and cause of your mind gremlins. So that you can locate and eliminate what's holding you back. If you're looking for a refreshing, clarity-filled reboot in your creator mindset, this is it!

Key Takeaways: 💡 Confusion to Clarity - You'll rapidly reveal and understand the mind gremlins that have been keeping you stuck. 🧠 Overwhelmed to Optimistic - Your mind is your fairy godmother and greatest ally. You'll master how to work with it to succeed. ⚡ Tired to transformed - The hypnosis doesn't stop in this workshop! You'll walk away with your very own hypnotic audio to continue upgrading and rewiring your creator confidence for ultimate success.

FOCUSING: REMOVE YOUR MENTAL CLUTTER & LET YOUR CREATIVITY FLOW

3:0pm - 5:00pm  

FLOOR 4

JUDITH LEWIS

Focusing is a powerful way to clear mental clutter and blocks to create a space where creativity can flow. This technique provides a new way of getting in touch with the mental clutter that we rarely realise we are mired in on a daily basis, and helps us to create space to not only deal with the clutter in a more productive way, but also create a space within ourselves for creativity and clear-headed work.

The core of "Focusing" is about paying attention to issues held in your mind and body, recognising them, acknowledging them, finding their resonance, and releasing them. Once learned and practiced, the techniques taught will become second nature and can help change the way almost any issue in our lives is reacted to.

Developed based on research at the University of Chicago, focusing has been around since 1978 and has never truly been supplanted as an effective methodology for creating space in our cluttered brains, and releasing stored emotions in our bodies.

Key Takeaways: Learning how to perform the focusing technique at home to clear mental clutter and help encourage mental clarity while dealing with emotional physical blocks.

Following on, in the practical experience, you will learn how to put your own spin or creative angles to viral and selling compositions to make your work stand out above the rest.

SUNDAY

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GETTING FIT JUST GOT FUN!....

9:00am - 10:00am   

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CREATIVITY FOR CREATORS - EXPLORING ART & COLOUR THERAPY

10:00am - 12:00pm ❤️ 🧠 🎨

MEETING ROOM

MOMTAZ BEGUM-HOSSAIN

This fun, practical, and relaxing session is the perfect way to start a Sunday morning. We'll begin with an introduction to colour therapy before putting it into practise by trying a colourful meditation to boost and inspire your creativity.

You'll then spend an hour painting and collaging together in a flow session where different styles of music will help you explore and experiment with colour, pattern, and design. You'll also make your own colourful masterpiece to take home.

Key Takeaways: - An introduction to the principles of colour therapy - Learn how to do a colour meditation - A piece of artwork to keep and take home
- auto reframe

THE SECRET TO SUSTAINABLE PRODUCTIVITY

11:00am - 12:00am 🧠

FLOOR 3

KAREN SARGENT

In this session you will discover what it takes to get more productive without burning out. We'll be exploring how your working style helps and hinders you and what to do about it.

We will also look at the key skill research shows sets most successful people apart. Finally we will share a few hacks that help you get the most out of each hour you spend working.

Key Takeaways: - Increased awareness of your working style and what this means for your productivity - An understanding of how to best spend your time to make faster progress - Tools to help you get more done with every hour you spend working

USING THE POWER OF STORYTELLING TO DEVELOP EMPATHY

Part 1 - 12:00pm - 1:00pm | Part 2 - 2:00pm - 3:00pm   

FLOOR 3

ED KIRWAN

We will be exploring 'empathy for myself' and 'empathy for others' in a two part workshop using film as the creative medium to develop this crucial skill. Importantly, tangible steps will be given for how we can better empathise with ourselves and then use that to ensure we can properly empathise with other people.

It's a key skill for more effective and impactful storytelling. The two parts we will focus on:

Part 1 - Empathy for Others - What is empathy? Exploring empathy through film and breakout conversations on societal topics.

Part 2 - Empathy For myself - involves analysing your own chronological timeline, practising judgement (it may seem counter-intuitive) and actually developing the skill of empathy through that process.

Participants will leave with a greater understanding of what empathy is, a better understanding of how they can put it into action within their own context - whether they're a storyteller, accountant, photographer or entrepreneur. We are all storytellers and therefore it's a skill we all need to master to be as effective as possible in both our personal and professional lives.

IMPORTANT: This session includes strong references to mental health, suicide and racism. If you do not want to take part in that particular part of the session you'll have the option to step out and take a break. You will be notified beforehand by the speaker.

Key Takeaways: - With a greater understanding of empathy as a skill and what it is - Having practised empathy for others and themselves to become better storytellers -Have tangible steps to take back to their personal and professional lives that involves using the skill of empathy.

CONVERSATIONS OVER CAKE

2:00pm - 4:00pm   

FLOOR 4

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LETTING GO WITH BREATHWORK

3:00pm - 5:00pm    

FLOOR 1

SEANNA FALLON

As content creators, we often have limiting beliefs, overwhelm and even sometimes burnout. As humans, we come with a lifetime of experience, often including challenge, adversity and trauma.

These things are intrinsically linked. In this 90 minute workshop, I will lead you through a conscious connected breathwork. This can have many effects - physical, emotional and spiritual. It often allows us to let go of difficult emotions that we are storing in our bodies and allows us to feel lighter and freer. There will be space to set intentions, I will guide you through the breathe to music, then we will come together to share anything that has come up.

Key Takeaways: - Letting go of limiting beliefs and stuck emotions - Providing physical benefits for your nervous system, respiratory system, cardiovascular system and lymphatic system - Making time and space to nourish yourself.

IMPORTANT PLEASE NOTE: There are some contraindications to conscious connected breathwork. If you are in early or unstable pregnancy, if you have schizophrenia, bipolar disorder, psychosis, epilepsy, diabetes, high or low blood pressure, heart disease, glaucoma or history of stroke, you should speak with a medical professional before doing this kind of breathing. If this is not possible, I can give you a modification to enable you to breathe safely.

THE SECRET TO SUSTAINABLE PRODUCTIVITY

3:00pm - 4:00pm 🧠

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REIGNITING YOUR PURPOSE IN CREATIVITY: BURNOUT, TRAUMA, AND THE CREATIVE PROCESS

4:00pm - 5:00pm   

FLOOR 3

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Key Takeaways: - Why We Lose Our Creative Passion - How to Identify Your Purpose - Strategies to Respark Your Creativity

GROUND, HEAL AND BALANCE YOUR ENERGY LEVELS

5:00pm - 6:00pm ❤️ 🧘

FLOOR 1

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EVENING EVENTS

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EVENING HAMBURG CRUISE

Where: A boat (We're leaving together from Mindspace)

When: 5pm

Straight after the awesome workshops on Saturday we're going on a scenic cruise! Bring a change of clothes (if you want) to change at Mindspace as the hour-long boat cruise ends up at our Saturday Evening venue.

Meeting Spot: From Mindspace (where the Saturday & Sunday workshops are being held)

SATURDAY EVENING @ HANSEKAI

Where: Hansekai

When: 7pm

Join us for drinks (Soft Drinks, Beer, Wine, Prosecco), finger food and mini BBQ burgers (veggie and meat) at Hansekai with its beautiful views over the water. The Hansekai is a unique location for Hamburg event gastronomy.

This huge event location is situated directly on the Elbe island of Wilhelmsburg at Jaffe-Davids Canal and covers a total indoor and outdoor area of 350 m². One of the highlights is the 250 square metre covered terrace.

It is equipped with an outdoor carpet and has comfortable wooden benches. The terrace from the Hansekai is located directly on the water. A magnificent view of the water opens up from here.

CHILLED SUNDAY @ PUBLIC COFFEE ROASTERS

Where: Public Coffee Roasters

When: 7pm

Join us for a chilled Sunday evening at Public Coffee Roasters.

Public Coffee Roasters is a young speciality coffee roastery in Hamburg. They have several stores in Hamburg and the one for Sunday is the one at the Goldbeckplatz 1, Hamburg.

The Goldbekplatz 1 manufactory was built in 1899 by Hamburg architects Rick for a metal foundry. The first floor housed the foundry, metal washing and turning shop, while the upper floor housed lathes and storage. In 2008, the building was acquired by Günther Franke Gruber Bauherren and carefully renovated and expanded.

The Public Coffee Roasters were able to move in here in June 2017 and use part of the former foundry for their concept. The combination of light-flooded space and brick walls creates a very cozy and inviting atmosphere. Besides the coffee, they say this place has the best avocado breads in town!

Take a look at the website here: publiccoffeeroasters.com

Meeting Spot: Hansekai, Jaffestraße 12, 21109 Hamburg, Germany ([View on a Map](#))

HOST DESTINATION



Hamburg