



# NGO - PEACE & KINDNESS IN ACTION

## I. Personal Practice (Auto-Coaching)

### Why introduce the practices of the International Peace Trees Program in your daily life?

The 5 practices of excellence of the International Peace Trees Program, introduced in micro-breaks, allow you to succeed in:

1. Overcoming stress and finding harmonious balance throughout the day.
2. Recovering from injuries and trauma, while positively transforming one's sensitivity.
3. Reconnecting to one's heart sweetness, peaceful nature, joy of living, and satisfaction.
4. Expressing your kindness through the pleasure of mutual support and the expression of your creativity and your talents in the service of the well-being of others and the planet.
5. Demonstrating one's highest individual potential and triggering a beneficial collective dynamic, a source of meaning and newfound motivation for many people.
6. Creating new possibilities, opportunities, and innovations that make a real difference and which are a great asset to people's lives.
7. Contributing and positively impacting the future of the younger generations and that of the planet.

### How to start and participate in the program

1. **To successfully connect with your powerful inner wealth**, to create magic in your life and materialize this wealth outside, get the "Guide for the personal practices of the International Peace Trees Program and the Sustainable Development Goals" [HERE](#).
2. **For a sustainable practice, create your "Peace Trees Network" around you** to support each other and to practice together in a fun and enjoyable way and live the tools of the Program in synergy in your daily lives.
3. **Share your experiences with the International Peace Tree network** to help and inspire others worldwide by writing to: [thepeacetrees@gmail.com](mailto:thepeacetrees@gmail.com) or contacting the FB community: NGO Peace & Kindness in Action.



#### International Peace Trees Program and SDGs

Authors: Sabine Devlieger & Max Deloor

International Research and Training Center of the NGO "Peace & Kindness in Action"

Tel: +33 6 7709 6849

Website: [www.ngopeacekindnessaction.org](http://www.ngopeacekindnessaction.org)

Email: [thepeacetrees@gmail.com](mailto:thepeacetrees@gmail.com)

