



**Ship Psychology™**

**Speaker:**

**Christel Vogels**



**Online, Live Stage,  
Private Groups**

**Languages:**  
English, Dutch

**CONTACT**

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**“Our brains know everything about us.  
The trick is to get them to tell us  
what they know, exactly.”**

**GENERAL AUDIENCE**

**KEYNOTE**

**The Ship Inside Your Head**

*ca. 45 min.*

All our decisions, choices and our daily behaviour are determined by our mind. Like a ship's crew needs to work together to keep their ship afloat, our three brains need to cooperate with each other - but sometimes, all they do is argue. In this keynote, I demonstrate how those three voices affect all aspects of our daily lives.

**WORKSHOPS**

**Hoist The Sails**

*From 60 to 180 min., adjustable to your event's requirements*

Why do we think, feel and do as we do? Why do I contradict myself? In this workshop, you are introduced to the Ship Inside Your Head. You learn to recognise the voices of your own Crew Members, and listen to what they tell you about the (broken) links between your thoughts, your emotions and your actions.

**Stretch Your Comfort Zone**

*ca. 60 min.*

How to do all those things you want to do, but never dare. From making a telephone call to buying a house, with this technique you won't be overwhelmed anymore. In an interactive workshop, you learn the basic of Ship Psychology as well as the four steps to turn your plans into actions, time and again.

**When Ships Want To Sink**

*ca. 100 min.*

Many people struggle with depression, anxiety and suicide – or have a loved one who does. But why would anyone want to take their own life? From personal experience, I demonstrate how depression comes about, how it warps your mind, and how it can drive a person to become suicidal. I also cover practical techniques to reduce the risk of someone actually ending their own life.