



## Sam Deltour



### Who am I?

I am a dedicated, passionate and curious soul (-doctor) living and working in the outskirts of Brussels. My profound desire to pursue my childhood dreams lead me to the edge of the world where I discovered the beauty of the unspeakable.

I love to connect with people; growing and developing through meaningful exchanges of stories, experiences and wisdom. My family keeps me grounded and playful.

**My 10 words :** Nature, Exploration, Creativity, Systems thinking, Wisdom Traditions, People, Music, Outdoor Sports, Meditation, Martial Arts.

**My Values:** Soulful, Compassion, Connection, Integrity, Sustainability.

### My pledge – Why I do what I do?

During this challenging era of great change, I dedicate my time and effort to reconnect as many people and organizations to themselves, their relatives and the world at large. In transforming ourselves, we transform the world.

### What expertise I bring to GINPI clients?

Some serious challenges invited me to explore the depths of Life in search for answers. I am inspired by many wisdom traditions and try to integrate these in the simple things of daily life.

As a psychiatrist and facilitator, I keep deepening my skills on how to connect people and organizations to the essence of who they are and why they are here. I love to cultivate and vitalize the humane aspect of the economic tissue of organizations and society with those ready to jump.

### What have I realised?

My childhood-dreams set me on a path of exploration and discovery. Travelling three winters, and over 15 000 km's, together with a team of 16 sleddogs through some of the wildest areas of this world taught me a lot about myself, team-spirit, leadership, perseverance, the power of intention, overcoming hardship and surrendering to flow. I added a mystic layer to these skills when I broke the world-record for the longest trek in autonomy on the Antarctic continent together with Dixie Dansercoer. Dissolving in all colours of white on the bottom of this planet, made me realize the beauty and the fragility of life. On returning, I started learning how to share the life-changing insights from my adventures with a broad audience through keynotes, interviews for the press, a movie and while writing articles and a book.

Together with a diverse group of young and inspiring people I reflected on the challenges society is facing today in the think-tank *The Friday Group* of the King Baudouin Foundation.

As a psychiatrist, I got to know the shadow and pitfalls of our modern lives and featured in an 8-episode series on Therapy. In these daring global times, I try to create opportunities to experience the joy of Life, through working together as a community, in service of our own and unique Noble Purpose.

### Languages

- Dutch (mothertongue)
- English (fluent)
- French (moderate)
- German (basic)

### Education

- Medical Degree (KU Leuven)
- Master after Master in Adult Psychiatry (KU Leuven)
- Grief Therapist
- Psychodynamic Psychotherapy

### Involvement

- Alumni member of the Friday Group
- Race4MS: raising awareness, respect and funds for those living with MS
- Reunite: Working on collective trauma and collective healing