



Materials

A way to make polyvagal theory easily available to everyone!

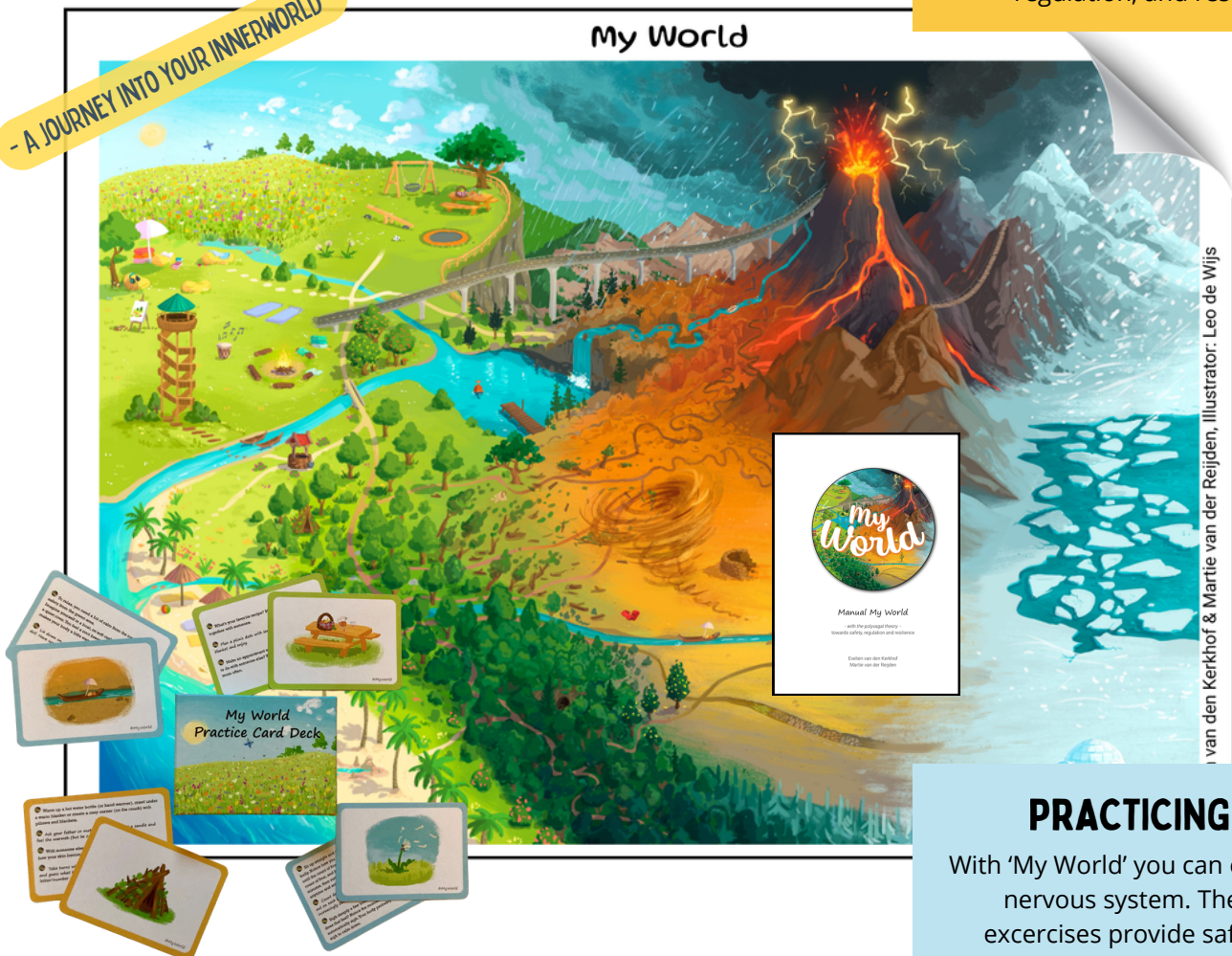
My World develops hands-on and playful materials, grounding in polyvagal theory, building safety, regulation and resilience.

VISUALS

The core principles of polyvagal theory have been translated into a visual map of your inner world. This provides a playful and safe way to move towards greater safety, regulation, and resilience.

My World

- A JOURNEY INTO YOUR INNERWORLD -



PRACTICING

With 'My World' you can explore your nervous system. The neural exercises provide safe signals, thereby strengthening and broadening new safe paths to the green area.

Using your powerful resources to find safety, regulation and resilience.

My World® basic set

- Poster of the world map of 'My World'
- Practice card deck (42 cards with more than 80 exercises)
- Manual



SPECIAL CONGRES OFFERS SITGES

Exclusive Sitges Edition

- ✓ Poster size: 85 × 60 cm (33.5 × 23.6 in)
- ✓ Fits in your suitcase
- ✓ Special congress price: €150

Take your My World® Package
home today.

Prefer not to carry it home?

- ✓ Size poster: 100x70cm (27.5 × 39.4 in)
- ✓ Special congress price: €200
(regular price €250)
- ✓ We'll ship it directly to your home.

Order the My World® Basic Set
from our webshop
with the code SITGES26.

The materials can be used by:

The materials can be used by anyone working with people. The practice cards are developed for children and adolescents, but with some adjustments they can be used for adults as well.

The materials complement a wide range of existing methods and approaches.



info@navigatingmyworld.com

navigatingmyworld.com



English editions of the book and the boardgame are coming soon!

Interested? Join our interest list
(online or on paper).



My World® Boardgame

Discover your inner world – together.

This playful board game, inspired by polyvagal theory, helps you discover what supports your nervous system in finding safety, regulation, and resilience.

Through fun, interactive activities involving movement, breathing, the senses, and connection with others, you'll explore what helps you feel calm, connected, and safe.

Perfect for families, friends, therapists, coaches, and anyone who wants to explore their inner world together.



Book: Journey through your inner world

Finding balance, calm and safety for your nervous system.

Why do we react the way we do when we feel stressed, overwhelmed or disconnected? And how can we find our way back to calm, connection and resilience?

Grounded in Polyvagal Theory, this book helps you understand how your nervous system shapes your thoughts, emotions, behaviour and relationships. Through clear explanations, engaging visuals and practical body-based exercises, you will learn to know your nervous system, strengthen your inner resources and build greater safety, regulation and resilience.

Whether you are a parent, teacher, therapist, coach, healthcare professional or simply curious about your own inner world, this book offers practical tools to support both yourself and the people around you.

In November '26 our book will be launched in Dutch. It will be translated in English, if there is sufficient interest.



navigatingmyworld.com





Introduction to Polyvagal Theory and working with 'My World'

Also available
online

Content of training

This training is designed for professionals working with children, young people, or adults who wish to gain greater insight into the impact of safety, stress, and trauma on human functioning. In this foundational training, you will learn about the principles of Polyvagal Theory and how to use the 'My Word®' materials in your treatment or support work.

The training focuses on understanding the functioning of the autonomic nervous system, which is shaped based on experience: in a safe environment, we learn to feel connected, calm, and resilient, whereas a lack of safety triggers protective responses such as fight, flight, or collapse. In cases of prolonged or overwhelming insecurity, these responses can persist even after the situation has become safe again, thereby hindering healthy development.

The training provides psycho-education on how the nervous system reacts and demonstrates how conveying signals of safety can foster a greater sense of safety, regulation, and resilience.



Results of the training

- You have greater knowledge of polyvagal theory and understand how it is incorporated into 'My World®'.
- You know and recognize the various autonomic states of the nervous system.
- You are able to share this knowledge with your clients using 'My World®' materials.
- You possess practical skills to regulate the nervous system through breathing, movement, the senses, and co-regulation.
- You are able to work creatively and purposefully with 'My World®' materials.
- You have the skills to support clients with regulation and to work towards balance and stability.
- You have the language, tools, and confidence to address safety, regulation, and resilience.

Working together toward
safety,
regulation, and resilience

Training Methods

The training combines knowledge transfer via presentations with practical exercises. Participants learn to better recognize their own autonomic states and, through targeted exercises involving breathing, movement, and the senses, experience how regulation works.

For whom?

Psychologists, psychotherapists, EMDR therapists, arts therapists, and other professionals working in youth care or youth mental health services.



Want to know more or have questions?

Mail us: info@navigatingmyworld.com

Practical information

Group size:
maximum of 14 participants

Number of course days:
1

Data:
Check our website

Time:
from 10:00 to 17:00

Cost:
€310 (lunch included)

Website:
www.navigatingmyworld.com

Also available
online

V.O.F. Mijn Wereld
Rouwkooplaan 5
2251 AP Voorschoten
The Netherlands

KVK 87231549
BTW-id NL8642.40.727.B.01
IBAN NL36INGB0709328265

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1-day follow-up training

In-depth study of polyvagal theory and working with 'My World'

Training content

In this training, we delve deeper into the theory and principles of My World®. The emphasis is on practical application: throughout the training, you will work with your own client in mind as the starting point. In this in-depth training, you take the next step by translating knowledge into a polyvagal informed treatment plan for your client.

You will learn to understand and apply the concepts of safety, regulation, and resilience from the perspective of polyvagal theory. You will gain more insight into autonomic patterns of regulation and dysregulation and learn to work with energy and signals of safety from the My World intervention scheme. Additionally, you will discover which neural exercises you can specifically use for your client and how to structure your session to reinforce safe autonomic patterns and work towards the polyvagal informed goals in your guidance or treatment.

The training is practice-oriented, allowing you to apply the insights and tools gained in your own work the very next day.



Results of this training

- You can integrate knowledge of polyvagal theory into the treatment of clients.
- You can recognize the defensive reactions behind the behavior and find an appropriate intervention.
- You have further knowledge about how you can influence neurophysiological processes through movement, breathing, the senses, and increasing the social engagement system.
- You can structure a treatment session that addresses 'context, choice, and connection'.
- You can tailor neural exercises to the individual client to work on greater safety, regulation, and resilience.
- You can draw up a polyvagal-informed treatment plan.

Together toward safety,
regulation, and resilience

Theory & practice

The training combines knowledge transfer through presentations with practical exercises. Through body-oriented exercises involving breathing, movement, and the senses, participants experience how regulation works. Case studies are also practiced through role-playing. Furthermore, you will write a polyvagal-informed treatment plan for your client.

For whom?

For psychologists, basic remedial educators, psychotherapists, EMDR therapists, art therapists, and other professionals working in youth care/youth mental healthcare

Entry requirements

You have completed the basic training and have experience working with 'My World' materials. If you have not taken our basic training, but have been working with our materials for some time, have received training elsewhere, and believe you possess sufficient knowledge to participate in the training, we invite you to contact us for a consultation.



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One-day follow-up training

A neurobiological perspective on the parent-child and therapeutic relationship

Content of the training

This follow-up training focuses on the importance of safety and connection in relationships, such as those between parent and child or therapist and client. Connection with others is a fundamental need: we require others to feel safe, to grow, and to learn how to regulate our emotions. When a person feels safe, it becomes possible to connect, find calm together (co-regulation), and ultimately develop self-regulation.

During the training, participants learn how the nervous system unconsciously scans for signals of safety or danger (neuroception). These signals determine whether a person opens up to connection and growth or shifts into a protective state—such as fight, flight, or withdrawal. Significant attention is paid to the neurobiological aspects of the parent-child relationship and the therapeutic relationship.

Participants learn how to foster safety within these relationships, enabling parent and child—or therapist and client—to move together into a state of calm and connection. This serves as a vital foundation for attachment, emotional development, learning, well-being, and health.

In addition, participants learn to recognize signs of dysregulation within relationships and practice skills for employing co-regulation and neural exercises. The training also addresses collaboration with parents: participants learn to understand the "nervous system story" of parents and how to provide psycho-education in a respectful and accessible manner.

Working together toward
safety, regulation, and resilience



Results of the training

- You have knowledge of the neurobiology of the parent-child relationship and its psychological impact.
- You understand what co-regulation is and how it supports self-regulation.
- You recognize neuroception, co-regulation, and autonomic dysregulation in relationships.
- You understand the importance of parents acting as co-therapists.
- You are able to provide similar psycho-education to caregivers.
- You can work towards fostering greater calm, safety, and connection in parent-child relationships.
- You have knowledge of co-regulation within the therapeutic relationship and know how to apply it in cases of dysregulation.

Theory & practice

The training is based on polyvagal theory as well as attachment and parenting theories, and combines theory with experiential exercises so that participants can immediately apply what they have learned in practice.

For whom?

For psychologists, psychotherapists, EMDR therapists, arts therapists, and other professionals working in youth care or youth mental health services.

Participants have completed the *My World* basic training and have gained experience working with *My World* materials, or otherwise meet the entry requirements.



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1-day training 'Introduction to Polyvagal Theory and Working with 'My World' in Care for People with Intellectual Disabilities'

Content of training

This training is designed for professionals working with people with intellectual disabilities who wish to learn how to handle challenging behavior. The core theme of the training is safety. You will learn how the nervous systems of both the client and the professional respond to signals of safety and a lack thereof. When someone feels unsafe, it can trigger defensive reactions (such as fight, flight, or withdrawal). Conversely, a sense of safety creates space for connection, calm, and development.

People with intellectual disabilities often experience a lack of safety—for instance, due to sensory overload, difficulty trusting others, or changes in their environment. In this training, behavior is viewed as an expression of what is happening internally. By gaining insight into the nervous system and the client's inner world, professionals learn to adopt a different perspective and adjust their responses.

The training provides practical tools and a shared language to facilitate "mentalizing" within the team: reflecting on what the client is feeling and needs, as well as the reactions the behavior evokes in staff members. Attention is also given to the professional's own nervous system and the importance of co-regulation. Based on Polyvagal Theory, the training combines theory with experiential exercises, enabling participants to immediately apply what they have learned in practice.



Results of training

- You know more about the polyvagal theory and understand how it is incorporated into My World.
- You are familiar with the various autonomic states of the nervous system and recognize how they manifest in behavior and in the My World approach.
- You possess practical skills to regulate the nervous system through breathing, movement, sensory exercises, and co-regulation.
- You are able to work creatively and purposefully with My World materials.
- You have the skills to support clients with regulation and to foster safety, resilience, and stability.
- You have the language, tools, and confidence to work with the team on safety, regulation, and resilience.

Working together toward
safety,
regulation, and resilience

Training methods

The training combines knowledge transfer via presentations with practical exercises. Participants learn to better recognize their own autonomic states and neuroception, and—through targeted exercises involving breathing, movement, and the senses—experience how regulation works. In addition, the material is applied in practice through case-based exercises.

For whom?

Professionals working in care for people with intellectual disabilities, including psychologists, creative arts therapists, coaches, behavioral scientists, (resilience) trainers, coordinating support staff, team leaders, managers, speech therapists, physiotherapists, and occupational therapists.



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MY WORLD IN EDUCATION

*Building a safe, resilient,
and learning school climate
together*



WHY MY WORLD IN EDUCATION?

True learning can only take place when a child feels safe and seen. Stress and feelings of insecurity—in both students and teachers—influence our behavior, development, and mental and physical health. In education, more and more children (and professionals) are experiencing tension, while safety, regulation, connection, and resilience are precisely what is needed to facilitate learning. My World in Education helps schools to work on safety, regulation, and resilience from a neurobiological perspective – as a foundation for learning and development.



WHAT IS MY WORLD IN EDUCATION?

My World in Education is an innovative program that supports schools with:

- increasing emotional safety in the classroom,
- strengthening self-regulation and resilience in students,
- creating a healthy, pleasant, and safe school climate for both students and teachers, in which the student develops to their full potential.
- The program is based on recent insights from neurobiology and polyvagal theory.



HOW DO WE WORK?

- Phased offering, with the option to configure the program modularly.
- Through team training for the entire school team
- Practical, visual material, directly applicable in the classroom
- Commitment at student, teacher, group, and school levels
- Opportunity for individual support for students with additional support needs
- Parental involvement through information materials



WHAT DOES IT YIELD?

FOR STUDENTS

- More peace, safety, and resilience
- Insight into their own reactions, feelings, and behavior
- More space for learning, collaborating, and growing

FOR THE SCHOOL TEAM

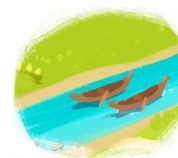
- Practical tools for co-regulation and group dynamics
- A common language regarding behavior and safety

FOR THE TEACHER

- Take care of the teacher's nervous system
- Less stress, more connection and job satisfaction
- Working from connection
- With more energy in the classroom

FOR THE SCHOOL

- A sustainable, preventive offer
- Strengthening the pedagogical climate
- A safe school climate
- Contribution to a healthy and inclusive school culture



ABOUT MY WORLD

My World in Education is a program developed by My World. Two experienced remedial educational psychologists translate complex knowledge about the nervous system into an accessible and school-oriented approach that you can integrate into your teaching.



*Together, we create space
for safety, resilience, and
learning.*