

COACHING PROGRAM

# BREATH, VOICE AND BODY

“ THE INNER VOICE IS THE  
COMPASS OF THE SOUL ”

~ ANDREAS TENZER

Have you ever heard your inner voice? But you didn't listen to it, although that would have been better in retrospect?

"Breath, Voice and Body" enables you to hear and understand your "inner voice" better and to use it in your daily life. The interaction of intensive breathing, voice training and music gives you a new and clear view inside. Movement elements round off the program and ensure a balance between body, mind and soul.

Let it out! Nothing is a must, and everything is allowed. Suppressed feelings increase in weight until they block us completely. That's why we won't let it get to that point with you. Everything takes place in an individual and protected setting.

## BREATH, VOICE AND BODY

### IMAGINE...

... We are not only familiar with theory, but are above all practitioners. Because our coaches combine rich experience from business life with proven competence in the areas of mental training, breathing, singing, movement and theatre.

Imagine that our coaches help you to finally "take a breath" again, so that you (re)find your own voice that reliably tells you where to go in the future.

### Compiled for you:

Your only task is to make the first appointment with us in curiosity, to arrive and to integrate all the useful experiences, you now own within you, with the coach of your choice into your everyday life.

We have organized for you ...

- ✓ Individual coaching before the focus days with one of the companions
- ✓ Your room to relax in Freudental Castle
- ✓ Fine food and drinks (excluding alcohol) during the whole stay
- ✓ Support by four coaches, who are available to you on site around the clock during the focus days
- ✓ A small group of selected participants who benefit not only from the program, but also from each other
- ✓ Two individual private coachings after the focus days with the coach of your choice
- ✓ A virtual group coaching

... and have all of this already included in the total price of CHF 3'700.

### Our place of inspiration

#### Exclusively for you

Schloss Freudental  
Schlossstrasse 1, 78476 Allensbach  
Germany



### Your companions



**Henning:** „Coaching makes sense if it is sustainable. The most diverse aspects of health and well-being are considered and should be intertwined.“



**Julian:** „Whether on stage or in real life: loving and truthful communication rarely fails due to a lack of technical skills.“



**Kai:** „ Only an inward-looking view can reveal one's own strengths for oneself and others.“



**Vera:** „Let it out – suppressed feelings go to the basement and practice lifting weights. We don't let it get to that point“

## Details of the coaching program

### Part 1 – Assessment of the situation

Following your firm registration, you will receive a personal questionnaire and carry out an individual assessment during the first individual coaching session with your companion.

### Part 2 – Experience

This is an overview of the focus days you will experience at Freudental Castle in a small group of max. 12 participants:

Days / Topics	Wednesday Arrival from 18:00 o'clock	Thursday Full day	Friday Full day	Saturday Departure until 12:00 o'clock
Morning Routine		Sporty morning salute of a special kind	Sporty morning salute of a special kind	Sporty morning salute of a special kind
Interactive Session		"Find your own voice" - the combination of breathing, singing and movement	Why the combination of oxygen, healthy food and exercise makes you strong.	Empowerment as of now and also at home!
Action		"You are the voice" Fear and stress relief in a different way	"Intensive respiration" and expansion of the personal comfort zone.	
Dialogue		Harvest and deepen findings	Harvest and deepen findings	
Input Session	"It takes your breath away..."			

### Part 3 – Integration

You will be accompanied by the coach of your choice during two further individual coaching sessions to integrate what you have learned into your everyday life. This is followed by a group session with all participants of the focus days. Further individual coaching sessions can be arranged optionally.