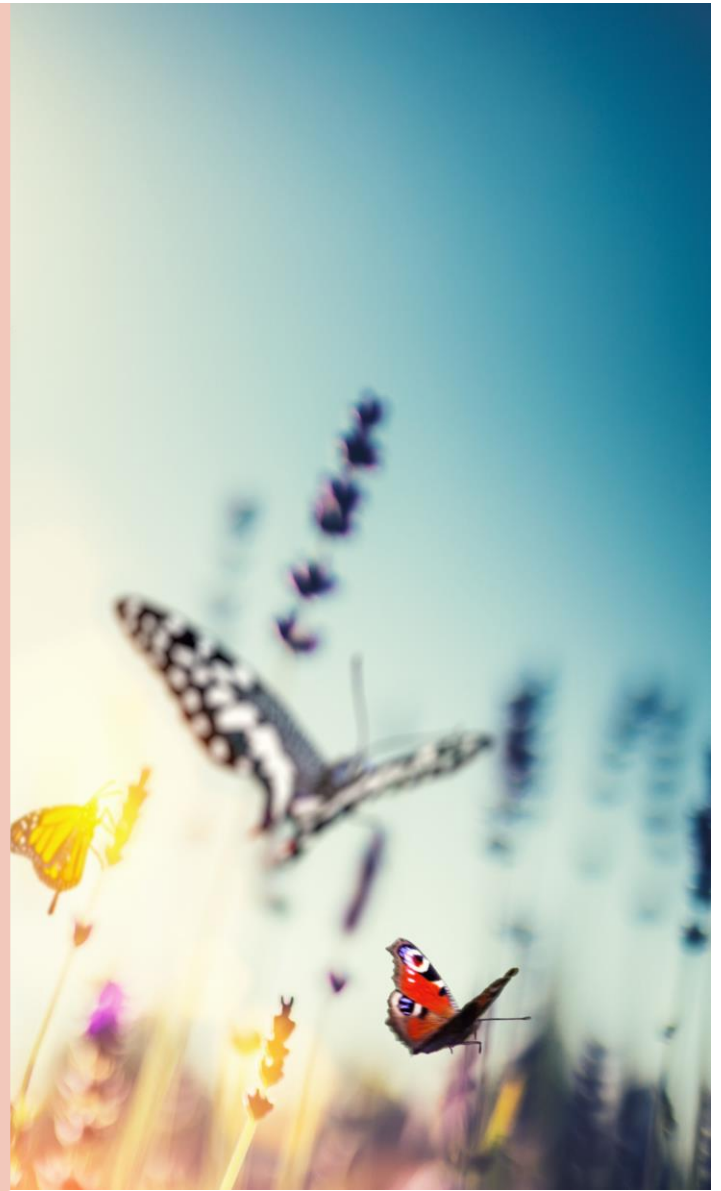


COACHING PROGRAM

LADIES – IT'S
ALL ABOUT YOU

“BEAUTY BEGINS THE MOMENT
YOU DECIDE TO BE YOURSELF”

~ COCO CHANEL



Do you often feel different? Excellent! So are we! We work with your own voice, your body feeling, with fun, joy and much more on the topics of your heart. It is all about you.

More courage, liveliness, lightness, joy of life, calmness and contentment - is that what you want? Would you like to authentically live the balance between strength and weakness and get away from constant self-condemnation? Do you long for the connection to yourself and the feeling of "being right"? Are you tired of constantly comparing yourself and just functioning?

Often it is not our dark side we fear. We are afraid of our own light.

In the process, suppressed feelings increase steadily in weight until they block us completely. That's why we don't let them get that far.

LADIES – IT'S ALL ABOUT YOU

IMAGINE...

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

Imagine that these people are willing to use extraordinary and proven methods taking you on a journey into your "I". During this journey you (re)discover your own voice, your personal "move", your true body feeling and your mental strength.

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 4'700.

Our place of inspiration

Exclusively for you

Schloss Freudental
Schlossstrasse 1, 78476 Allensbach
Germany



Your companion



Eva: „Far-reaching changes require clarity, courage and openness at all levels.“



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



Kai: „Self-actualization is essential – an inwardly directed view in order to perceive one's own powers.“



Kelechi: „Just do it.“



Vera: „The power of positive thoughts is therefore quickly said, but few people really live it.“

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		Morning salute of a special kind (part 1)	Morning salute of a special kind (part 2)	Morning salute of a special kind (part 3)
Interactive Session		"conditioning and beliefs" learned about a thousand times and still in mind...	"Breathe and let go" If only it were that simple. Well, it is!	Empowerment as of now and also at home!
Action		"Find your move" and thus your true source of strength.	"Sing and swing" your voice, your connection to yourself and your body..	
Dialogue		Harvest and deepen findings	Harvest and deepen findings	
Input Session	"The beginning of a journey discovering your identity."			

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.