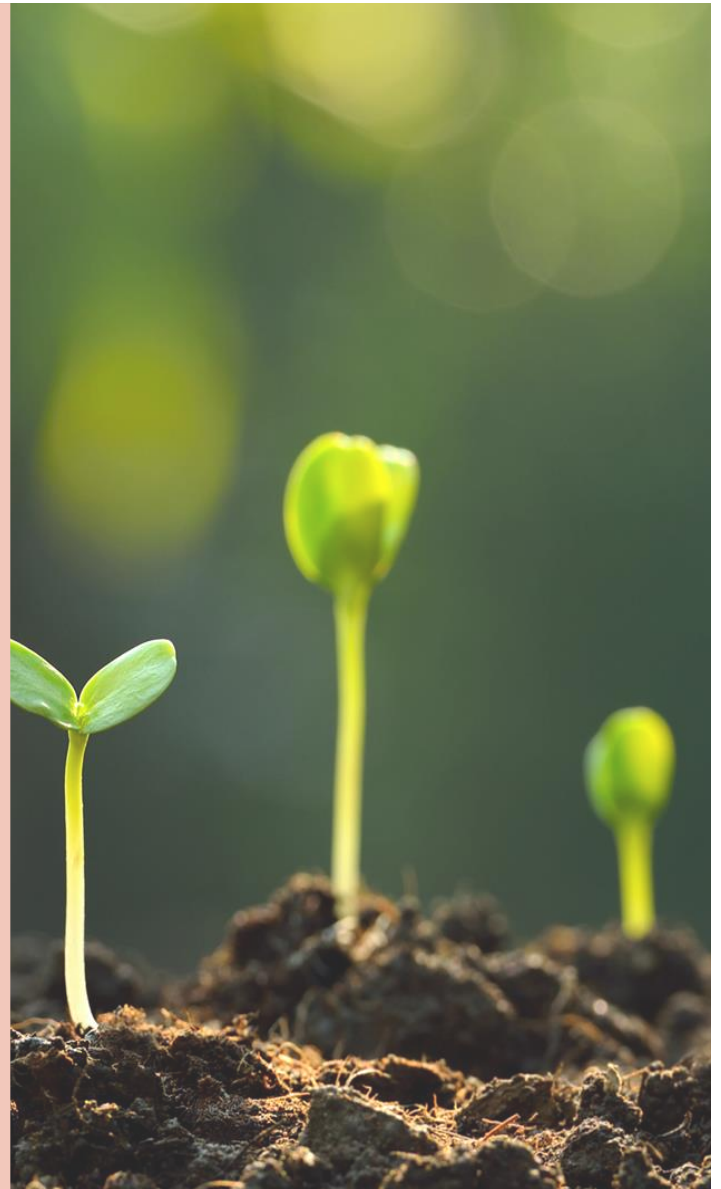


COACHING PROGRAM

REBOOT YOUR LIFE

"WHERE ATTENTION GOES,
ENERGY FLOWS AND RESULTS
SHOW."

~ T. HARV EKER



Do you sometimes reach your limits and do not know how to go on? Or do you just keep on going until you're completely unable to go any further?

"Reboot Your Life" helps you understand, classify and tackle your challenges much better. With simple but surprising methods we guarantee you a change of perspective of a special kind.

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.

REBOOT YOUR LIFE

IMAGINE...

... We are not theorists. We know the business environment as well as the world of coaches, mentors and consultants.

Imagine four of this kind of people getting together with a full backpack of self-leadership techniques and exceptional coaching methods.

Imagine that their passion is to accompany you with the highest standards and empathy in achieving your desired goals.

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 companions



Felix: „Again and again we block our huge potential and rarely live the version of ourselves that suits us best.“



Kai: „You learn to turn a bad day into a good one.“



Martin: „All of us actually know what we should do and yet we often do not succeed - find out how to make it happen.“



Vera: „Let it out - suppressed feelings go to the basement and practice lifting weights. We won't let it get that far.“

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	Morning salute of a special kind	Morning salute of a special kind
Interactive Session		"Understand and REBOOT your mind"	Transforming difficulties and resistance into strength and joy	Empowerment as of now and also at home!
Action		"Surprise-Method" Relaxed expansion of the personal comfort zone	"Let it out!" Anything is allowed, nothing is a must. Reflection and clarity.	
Dialogue		Harvest and deepen findings	Harvest and deepen findings	
Input Session	"You have a choice"			

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.