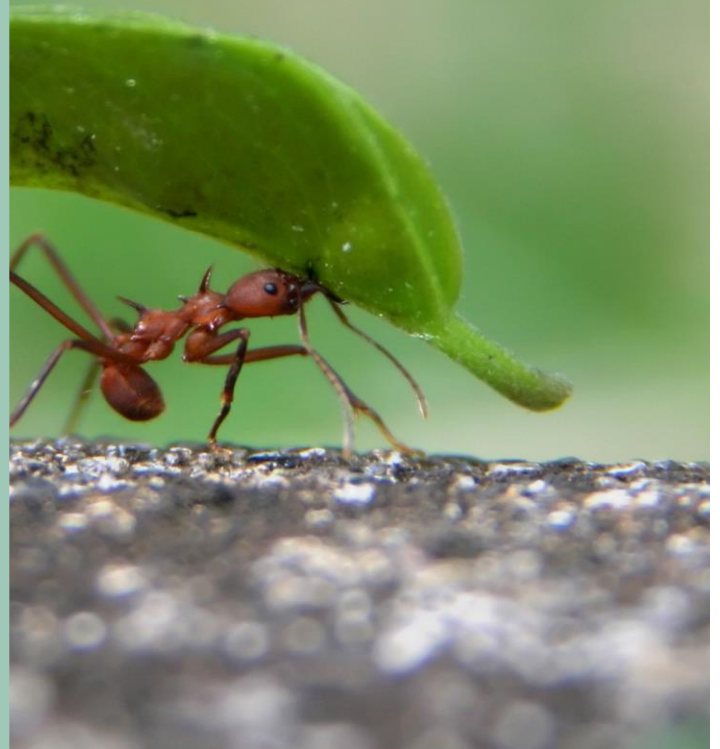


COACHING PROGRAM

# EMPOWER YOURSELF

“ IF THERE IS ONE FAITH THAT  
CAN MOVE MOUNTAINS, IT IS  
THE FAITH IN ONE'S OWN  
POWER.”

~ MARIE VON EBNER-ESCHENBACH



Do you have the courage and strength to do what you really want to do - professionally and privately?

"Empower Yourself" leads you back to your own strength. Our coaches focus on the latest findings and powerful coaching methods from the fields of neuroscience, nutrition, mindset and mindfulness, so that you can empower your body, mind and soul in a sustainable way.

Pure relaxation: You will get to know powerful methods that will enable you to live YOUR everyday life with more energy, less fear and a lot of joy.

# EMPOWER YOURSELF

## 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



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



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



**Martin:** „I firmly believe that life is a story that we tell ourselves. Change your story and you will change your life.“



**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	Morning salute of a special kind	Morning salute of a special kind
Interactive Session		"Empower your mind" – Neurosession – own resources and strengths	Transforming difficulties and resistance into strength and joy	Empowerment as of now and also at home!
Action		"Surprise-Method" for powerful and relaxed self-empowerment	"Yes, you can!" Anything is allowed, nothing is a must. Reflection and clarity.	
Dialogue		Harvest and deepen findings	Harvest and deepen findings	
Input Session	"It's all about you"			

### 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.