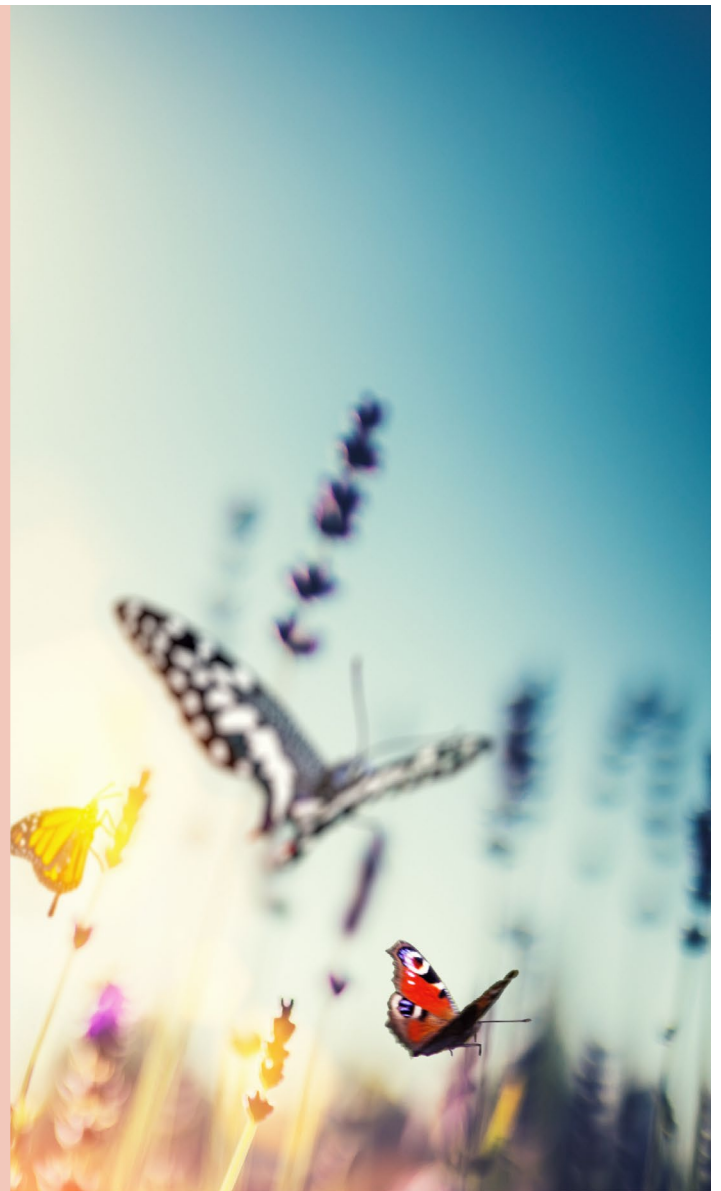


INTENSIVE-COACHING
PROGRAM

LADIES – IT'S
ALL ABOUT YOU

“BEAUTY BEGINS THE MOMENT
YOU DECIDE TO BE YOURSELF”

~ COCO CHANEL



More courage, joie de vivre, serenity, liveliness and feelings of happiness – do you desire this? Would you like to live in balance between being strong and weak, without self-judgement and without feelings of guilt? Do you long for authenticity and the feeling of "being enough"? Are you tired of constantly comparing yourself and just functioning?

During your time with us, discover your own voice, your body awareness and, above all, experience the joy of being yourself. It's all about you.

We believe our fear of failure is great. Most are even more afraid of their own light.

By stepping out of your shadow and choosing to live an authentic, free life, you are being of valuable service to the whole world.

LADIES – IT’S ALL ABOUT YOU

IMAGINE...

Our coaches combine wide experience from business life with proven competence in the fields of mental training, voice, movement, theatre and spirituality. Not only are we knowledgeable in theory, but we are actually practitioners.

Imagine being accompanied by these people on a special journey to yourself. During this journey you will (re)discover your own voice, a new body awareness and your mental strength. Find your dreams and the courage to realise them.

Compiled for you:

Your only task is to make the first appointment with us and spend three days in idyllic surroundings close to Zurich. You will leave equipped with a new set of inspirations. It is then time to apply your experiences to your everyday life with the coach of your choice.

For you, we have organised...

- ✓ Individual coaching before the focus days with one of your companions
- ✓ Your feel-good room at PNX Haus
- ✓ Fine food and drinks throughout your stay
- ✓ Support from versatile coaches who are available to you on site during the intensive days
- ✓ A small group of selected participants who benefit not only with one another but also from each other
- ✓ Two individual one-to-one sessions after the intensive days with the coach of your choice
- ✓ A virtual group coaching session

... and have all this already included in the total price of **CHF 2,900.**

Our place of inspiration

PNX House
in the countryside near Zurich,
Switzerland



Your companion



Andrea: „You don't have to understand the world, but it's nice to find your way in it.“



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



Maïke: „Free from judgement about myself and others, I feel alive and open to magical experiences.“

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 intensive days you will experience in a small group of maximum 4 participants at PNX House:

| Days / Topics | Tuesday Arrival from 18:00 o'clock | Wednesday Full day | Thursday Full day | Friday 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.