

Recognize Your Intrapersonal Intelligence and Unlock Your Potential



- ✓ live coaching online with professional coach
- ✓ in virtual rooms
- ✓ flexible timing, from anywhere
- ✓ with personal coaching app
- ✓ focussed on your development path



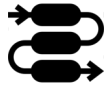
## TOPICS

The first diagnostic session explores which topics are relevant for you in order to design your individual development path. Here are some of the areas you might want to cover:

- ★ conflict and mediation
- ★ personal development: self-perception, stress, behavioral patterns
- ★ self-management
- ★ decision making
- ★ leadership and project management
- ★ communication style



***Your personal coaching app supports you through the entire coaching process. It provides self-development tools, assessments and contains all your individual coaching materials.***



## METHODOLOGIES

- ★ skilled and target questioning to help you look deeper
- ★ systemic, solution-focussed coaching
- ★ reflection space
- ★ supported praxis transfer: journaling, observation, exercises
- ★ ongoing evaluation process
- ★ various intervention tools



*Your advantages: Effective coaching sessions to empower and stretch you - live online in the comfort of your home or the convenience of your office!*



## USEFUL LINKS



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