

## When life is too full

How do I want to shape my life? Why does everything make me breathless? Why don't I get everything into my day despite planning?

Again and again there are situations in life that bring us out of balance. These can be crises or problems in professional life, in relationships or in our personal development - or simply too much of everything.

Questions / problems that we seem not to be able to solve on our own - or the feeling of simply not being able to do it.

Sometimes we also have to free ourselves from old, mostly obstructive patterns of thinking and acting in order to be able to take a step forward.

In our behaviour, the same patterns of thinking and acting lead to the same result. We remain on the chosen paths.

In coaching it is possible to gain a different perspective or to change our attitude in order to feel the tension, joy and curiosity about life and its facets again.

We expand our possibilities to act, do not feel so helpless anymore, become active again and tackle it - it is about you: **Your goals, problems, change requests.**

As a coach, I accompany and support you professionally on your personal path and support you in finding solutions.

I help you to find access to your own resources and potentials again and to find your own - but new - solutions. Sometimes the view on it is blocked. Through coaching you can see clearly again and decide for yourself which way is best for you to reach your goal. It is about expanding your options for action.

I support you in getting back into **balance**.

**I invite you to take time. For yourself, your goals and your decisions.**

Still questions? Call me at +41 55 244 55 15.