

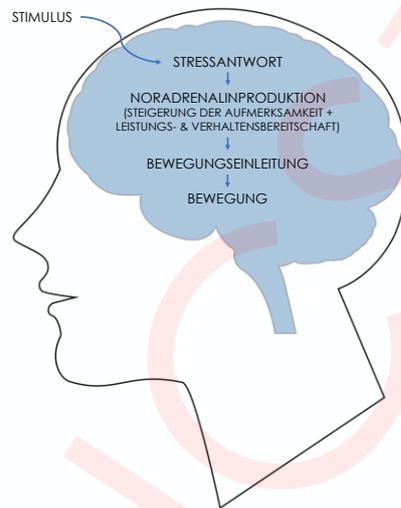
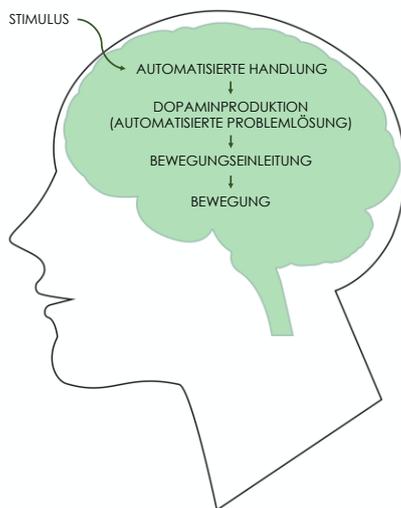
Here I outline two examples and my NeuroCoaching-three-phase approach, which I will be glad to explain in depth at a first meeting.

Things happen that derail us! Loss of job, marriage crisis, depression, or simply the next rung on the career ladder. Situations like these can easily lead to helplessness, mental overload and/or *Angst*.

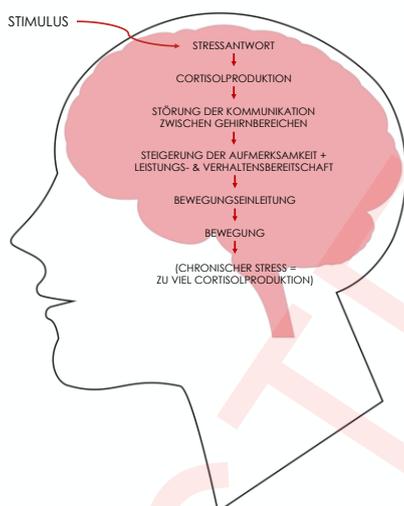
Recently a young woman sat across from me. Her eyes were sad with sudden bursts of anger. She had become a team leader in a well-known insurance company. The joy re. her new responsibilities quickly gave way due to a smear campaign: "They think I got the position because of my private contacts!". She had always been a top performer gone stagnant in the past weeks. "This mob is malicious and is distracting me from my job", she raged on. For weeks now, she had let it ride and swallowed her anger. Now she was starting to question her own capabilities.

Shortly before that, a businessman had sought my assistance. He was suffering from terrible guilt feelings. His mother and brother had passed away within a couple of weeks. For years, his relationship to them was marked by blaming and fights. Now that no family members were left, he realized that they could never forgive one another anymore. Many of these reproaches suddenly seemed banal and he would have given anything to right his injustices. He felt very isolated and slipped into a depression, next to which made running his own business doubly strenuous.

With SYSTEMICS™ NeuroCoaching, I will be there when life situations threaten with existential questions. My innovative methodology focuses on supporting your brain's healthy self-regulation,



which, if it fails, results in an extremely distressed red alarm brain:



Together we will rebalance your brain-derived self-regulation processes. Then it (and you!) will revert to a well-performing, problem-solving status.

How will that occur? My approach has three phases:

1: Introduction

- A preliminary, open conversation allows a first impression of the life you lead and the goals you have. And I (we) can decide whether I am the right sparring partner for you and your task.
- I will show you eye and breathing exercises that wind down the bodily and emotional system (max. 10 minutes per day).

2: Coaching (abbreviated version)

- We will draw up a Short-Family-Diagram: Who influenced your life in a lasting manner?
- We will clarify your concrete short- and long-term goals.
- You will understand yourself and your goals against the backdrop of your own Short-Family-Diagram and in your present life context.
- Together we will prioritize your goals and choose of first task.
- Applying the exercises from *Preliminary Steps* to relax your body and brain as well as (re-)recognizing your own “forgotten” solutions will lead you to new approaches to and solutions for your fear-induced mental overloads.
- Solving the first task will lead you to strategies that divide the important (yet until now) seemingly impossible original chore into achievable elements by identifying currently potential, analogous solutions.
- You will tackle the challenges in a tactically feasible manner and reach the associated goals.

3

3: Securing Results

- Continued self- and external assessment of practical improvements will supply you with feedback re. your personal “best practices” to secure your goals.
- By offering your brain changes in perspective (professional wording: “reframing”), you will progressively whittle down previously mindboggling tasks to doable challenges.
- In the long run, this leads to solutions developing on autopilot.

NeuroCoaching is meant for corporate and/or private individuals or small groups (a codeword id is possible). The goal remains the same: from now on, your balanced brain will systematically assist you in progressively deciding such that you can accretively attain your goal.