

Because of its critical role in improving focus, productivity, and contentment, this coaching aims to lead individuals towards holistic well-being. Participants take on a personal journey to thrive in all parts of their lives through individualised sessions that incorporate mindfulness practices, value inquiry, and energy management skills. This coaching aims to help clients live more intentionally and joyfully by teaching them to become more self-aware on all levels (mental, emotional, physical, and spiritual).

“Coaching to Improve Your Well-being” provides a life-altering path to well-being by acknowledging its critical role in concentration, work efficiency, and happiness. Mindfulness practices, value discovery, and energy management skills are all part of the individualised service that helps people thrive in all aspects of their lives. Individuals can enhance their vitality and resilience by exploring topics such as mindfulness for personal energy efficiency and the various types of energy that impact well-being. Clients are empowered to liberate themselves from autopilot life and embrace mindfulness, fulfilled lives through coaching, which cultivates a profound awareness of the mind, emotions, body, and soul. This coaching service offers realistic resources and continuous encouragement to improve all parts of everyday life in recognition of the impact of wellness on concentration, productivity at work, and overall happiness. Through practicing mindfulness and self-control, participants improve their quality of life and their ability to concentrate, get more done at work, and enjoy life more fully. People can reach their maximum potential in all areas of life, including work and personal relationships when they receive individualised tactics and direction.

Linked Courses:

- [Happiness at Work](#)
- [Personal and organizational Values](#)
- [Efficient stress management with special regard to the competent handling of technological stress](#)
- [Boost Your Resilience Mitigating Techno Stress](#)

Linked Course Category:

- [Transformation Readiness on Personal Level](#)

Coaching to Improve Your Well-being	
Language/s	English
Format	online individual and group possible (based on participants needs)
Platform (if online: e.g., zoom, MS teams)	Zoom
Group Size	up to 5 participants
Frequency (how often) If recurrent, specify further (e.g., once a month, every second month)	one time
Number of coaching sessions in total	3
Duration of each session (in hours)	1,5