



HEALTH & LIFESTYLE

Creating quality of life



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Health is above all a matter of lifestyle.

The way I live today will influence my mental and physical state today and consequently affect my health and well being in the future too.

The field of Health & Lifestyle sees itself as a competence centre that

provides steps for everyday life that are good for your health. We mainly focus on processes that promote health. We raise awareness and transmit knowledge about strategies for long-term physical, mental and social well-being.

For medical issues we cooperate with

Dr. Bronnenmayer, a well-known specialist in preventative health care. Our concentration is focussed on how you can activate, strengthen and extend your own health, resources and personal sources of energy.



Offers

We offer for you, your organization or your company:

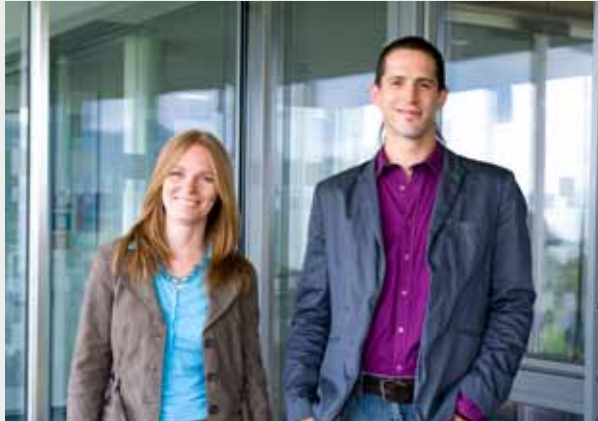
Seminars and workshops:

- Health awareness days on site at your company
- Dealing with stress and burn-out prevention
- Relaxation techniques to recharge your batteries
- Nutrition seminars
- Movement and pleasure training (living with all senses)

Coaching:

- **JOB:** work motivation, work satisfaction, personal competence portfolio, time and stress management, conflicts, personal values
- **ORGANIZATION:** analysing organizational culture, management style, corporate mission statements, strategy planning etc. for success with healthy and satisfied employees
- **PRIVATE LIFE:** work-life balance, compatibility of family and job, critical events in life and changes in general





We are looking forward to sharing a great experience with you:

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