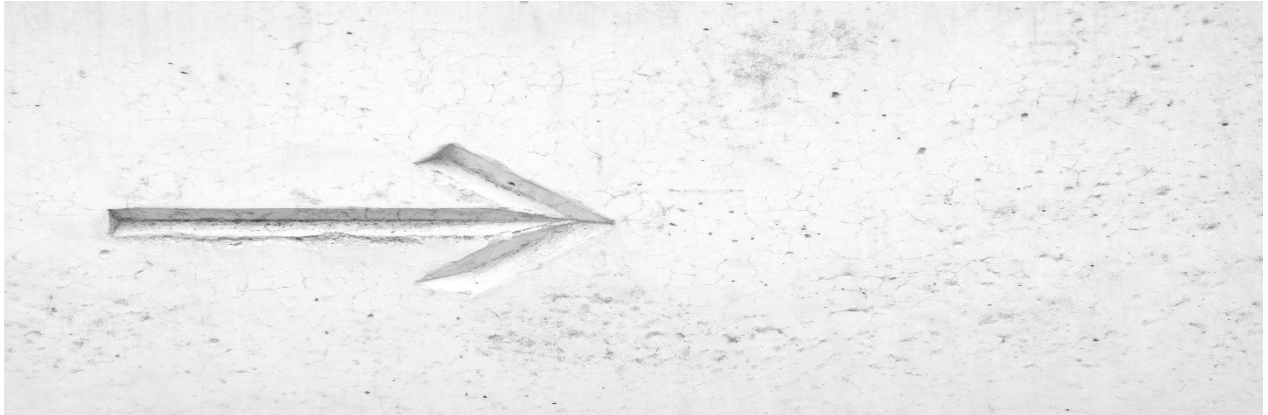


One-on-One Coaching: Overcoming Obstacles, Building Self-Efficacy, Achieving Goals



Starting Point

You are unhappy or dissatisfied with your professional or personal situation or your personal development. You would like to explore new career paths or experience greater satisfaction and a greater sense of purpose in your personal life. External changes (e.g., a job change, retirement) can trigger feelings of uncertainty and require a new sense of direction and focus.

If you're grappling with such thoughts or issues but haven't yet found the clarity, motivation, or energy needed to take the next steps, one-on-one coaching can help you discover your personal path of growth and set out on that journey.

Target Group

People who are going through a period of transition, uncertainty, or upheaval and are actively seeking clarity, direction, and stability.

Goals

- Assessing one's current situation
- Clarifying values, goals, and visions for the future
- Developing individual goals
- Developing options for action
- Changing perspectives and reflecting on old patterns
- Recognizing and addressing limiting beliefs
- Identifying and activating personal strengths
- Fostering resilience and self-confidence
- Designing and planning concrete steps
- Integrating change into daily life
- Self-reflection

Benefits

- Clarity regarding one's own goals and aspirations
- A clear plan for implementation
- Leveraging individual strengths
- Actively shaping change
- Addressing dysfunctional emotions and thoughts
- Greater self-confidence regarding one's own self-efficacy

Format and Framework

- 5–10 sessions, 60 minutes each
- Appointments can be scheduled flexibly, ideally every 2 to 6 weeks
- Appointments take place in person but can be combined with online sessions by arrangement

Investment

- Single session: 150 €
- Package (5 sessions): 675 €