

# Stress Emotions Conflict

Build up resilience \* Balance Emotions \* Master Conflict



Under pressure?

Beginner 1 (B1):  
Sa June 18th 2016,  
Kloster Dornach  
Bibliothek  
9am to 4pm

Beginner 2 (B2):  
Sa October 29th 2016,  
Kloster Dornach  
Bibliothek  
9am to 4pm

„Early bird“ prices:  
just B1 320.00 CHF.  
just B2 320.00 CHF.  
B1&B2 610.00 CHF.

For Beginner 1 & 2 or just B1  
Early bird ends 30th of April  
2016

For Beginner 2 Early bird  
ends 31st of August

Regular prices:  
just B1 360.00 CHF.  
just B2 360.00 CHF.  
B1&B2 690.00 CHF.  
Course documentation  
included.

Book here:

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Garbutt  
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One day Beginner courses for ambitious Professionals who want to embody an invigorating approach facing high-pressure challenges.

- Modern Work and Life hold many challenges which can drive us to our limits. Make sure that you can stay healthy and productive that you can be heard and present yourself as powerful by discovering your body as your strongest ally to a happy and fulfilling life.
- Trained in Psycho-Physical Coaching approaches, in Emotional Balancing Coaching and as an official Trainer of Mediators I offer you a three level and easy to apply self-coaching program to master high pressure with ease.
- Work with your body to gain control over your reactions, with your mind to increase awareness and with your intellect to improve your communication skills in difficult conversations.
- For better implementation the course is accompanied by a closed social media group for immediate support and feedback.

*Special offer for PWG-members!*

*B1 or B2 for only 290.00 CHF*

*B1&B2 for only 550.00 CHF*