

balance and coach



The **“Balance and Coach”** offer is an invitation to receive support in difficult such as the current pandemic that we face in this moment.

The offer is for everyone, regardless of gender, age, sexual orientation or religion and nationality.

Our society has changed a lot in recent years. The increasing challenges in our everyday life leave us in apparent chaos, restlessness and fear. All over the world, people experience the pandemic differently and everyone is looking for their own way to deal with it.

Is the situation unsettling, does it seem chaotic and unstable to you?

Your encounters with people are becoming rarer and loneliness slowly creeps into your everyday life?

You can also use the time positively and develop yourself further.

We have just reached a very exciting point in our world history. You are not alone, more and more people now feel the deep need to change our values, our future and the world.

- Do you want to develop yourself further and are you looking for possible topics?
- Would you like to practice on your consciousness
- Would you like to give your thoughts a positive force?
- Do you feel the loneliness and need someone to talk to
- Have you lost someone and want to talk about death?
- Are you in a phase of change?
- Do you adapt too much and don't say what you really think?
- Do you really do what you like to do or do you want to try something different?

- Do you have trouble sleeping?
- Do you struggle to express yourself verbally to talk to your partner and to express your needs?
- Would you like to better understand the role of mother / father in today's world and learn to be more aware of your tasks in your family?
- Do you want support and an exchange on educational issues so that your child / he / she can learn to understand better?

Special offer for people over 65+

People in retirement are emotionally affected by the pandemic, and isolation leads to loneliness. Dealing with this is not easy, which is why I also offer an offer where I will develop a specifically adapted protection concept that I will communicate over the phone.

Special offer for women

- Do you want to know more about your strength as a woman? Get to know your strengths and source of life better?
- Have you been permanently tired and listless for several weeks or months?
- Are you a single parent and struggling to accept this role?
- Do you have too little exchange from woman to woman?
- Are you just curious and want to find out more about being a woman?

Special offer for artists

- You miss the stage?
- Your cultural environment is withdrawing?
- You don't have enough artistic exchange?
- You have financial worries?

I offer life counseling coaching for cultural workers in a crisis
Together we will find creative solutions.

Special offer for people with disabilities

The topic of inclusion is close to my heart. That is why I would like to offer this offer to people with mental and cognitive impairments.

Do you live in an institution, in a shared apartment or with your parents and would like to talk to someone outside of this group in a different form (also non-verbal)?

How I work

- Conversations person to person
- Individual life counseling for one person
- Supervision for groups
- Spiritual advice and support
- Personal training

Target

Strengthen your awareness and your intuition.

Search for your individual life path.

You will be made more aware of your resources and life experiences in a creative way. Through mindfulness and respectful treatment of yourself, you will get to know your own limits better.

Together we will look for individual constructive solutions. Always with the aim that you find the right answers for your development.

How we start

Initial interview

At the beginning we meet for a non-binding initial meeting. This conversation is about understanding the situation and together sketching the problems and conflicts that burden you and putting them on paper. We get to know each other and feel whether I am the right person for your concern. The possible ways of working together are discussed. Each session is individually designed for each person.

possibility

- Conversations
- constructive solution approaches
- Resource-oriented solution approaches
- Mindfulness exercises
- develop positive thoughts
- Breath and movement, relieve tension through breath and movement sequences
- Breath and voice, relieve tension through breathing and voice exercises.
- Theatre and improvisation, acting out scenes from life and looking for creative solutions.
- Painting, design and creative work in relation to your topic
- .Meditations in nature with a walk together.
- Meditation in space in silence
- Lay tarot cards

about me

I am a social pedagogue and studied at the higher technical college for curative education and social therapy in Dornach. For several years I worked in various institutions with adults with mental and cognitive impairments and with people with addiction problems and psychological impairments and at special education schools with young people with social and cognitive impairments. My first job is an actress, movement educator and director and I've been in the free scene for two decades. I have traveled a lot in my life and have lived in Mexico, Peru, Brazil, New York, and San Francisco. I was in contact with the respective artists in the area and was involved in projects. Inspirational trips for me were India, Egypt, Morocco, Eastern Europe and the Balkans. All of these experiences led to the fact that my knowledge and experiences have expanded. My horizons remained open to a wide variety of cultures, mentalities, stories and ways of life and continue to inspire and shape me positively to this day.

my motivation

In my life I have learned a lot through my experiences. That was my biggest school. I enjoy the idea as a life counseling to help people find and maintain the "balance" and to accompany them in their process. For me, this task means immersing myself in a creative process with the person opposite me.

How this ideas was born

In the past decades I have met and got to know friends, acquaintances and people from different cultures and generations in my environment. They were looking for answers and told me about their dissatisfaction. They chose me as a listener and conversation partner. Listening had a positive effect on them and a constructive creative atmosphere developed. The conversation and exchange naturally gave rise to a new level of clarity and orientation. This change in consciousness helped them to courageously go on their way of life with a found life force.

So I would like to dedicate myself to this task and give these encounters more space. I will accompany you in your search for your individual path in life, strengthen your awareness and your intuition. You find your inner authentic calm and move in your personal spiritual satisfaction.

If I have sparked your interest, contact me without obligation

Miss Sommer

Tel: 078 790 00 12 (Mon to Fri from 9 a.m. to 11 a.m.)

Email: balance-coach@protonmail.com

languages

The offer can be held in German, French, Spanish, Portuguese and English.

finances

At the initial meeting, we will discuss the number of sequences that you would like to invest for yourself. The price is based on your financial possibilities.