



Assistance – Support – Encouragement

Coaching – Yes You Can

Workplace Health Promotion Expert
CAS in Workplace Health Promotion

Mobile : +41 (0)78 901 51 07

*Be the change you want to
see in the world.*

Mahatma Gandhi

The objective in 5 steps :

- Analysis of the situation and identification of appropriate support methods
- Replacing negative thought patterns with positive cognitions
- Focus on resources and qualities
- Freeing oneself from blocked behavioural patterns
- Harnessing individual potential



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CONTACT POINT

for employers, employees, individuals

WITH

Problems in the work process
Anxiety
Stress, burnout, mobbing
Headaches and migraines
Blockages & sleep disorders

ASSISTED BY

Intensive coaching
Motivation Coaching
Body centred coaching
Self-healing methods
Relaxation exercises

Between the consultations, the
telephone contact is **FREE of charge.**

Mobile: +41 (78) 901 51 07

Website: www.coaching-yesyoucan.ch

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COACHING – YES YOU CAN

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For your well-being

Synchronization of the two cerebral hemispheres

In the main structure of the brain, activity is relatively stable, but can sometimes be subject to **perpetual variations**.

By stimulating and synchronizing **the right and left hemispheres**, negative thoughts that have arisen can lead to neutral or even positive thoughts. With this therapy, it is possible to **better understand** and accept **difficult situations** and thus interrupt old undesirable **behavioural patterns**.

Changes in body image due to injury, illness, stress or other significant events provide information about health status and cause a change in the right and left hemispheres. In order to make progress, it is important to generate an **interaction between the body** and **psychogenic illnesses**.

To contribute to success, it is essential that the person who comes to consult has the will **to work on himself**.

Energy therapy

In energy therapy, I work with my hands on or above the body to heal. I activate the body's energy field to support self-healing and thus restore the flow of energies. This is effective in case of :

- **Sleep disorders**
- **Anxiety**
- **Emotional blockages**
- **Panic attacks**
- **Trauma**



- **Tinnitus**
- **Menstrual cycle disorders**
- **Smoking cessation**
- **Stress**
- **Migraine**
- **Aches and pains**
- **Eczema**
- **Burnout**
- **Depression**

Health massage

A massage is relaxing, relaxes the muscles, activates lymphatic and blood circulation and helps to loosen the tissues. A healthy massage can therefore only be beneficial to well-being.

Energy therapy in combination with **health massage** provides complete relaxation for body, mind and soul.

The methods can be applied separately or in combination. This will allow you to find your balance and your state of health to improve.

Motivational techniques

You have a **great potential** of knowledge that attests to certain skills and abilities. However, you still have **innate abilities** that have not yet been recognised.

Without working to develop his hidden capacities, the human being stagnates. The loss of enthusiasm, in the private as well as in the professional sphere, makes him suffer.

By applying different motivational techniques, your abilities and skills will rise and be stimulated. The aim is to find **practical solutions** to manage and improve the current situation.

Courses

The offer includes:

- **Perception of the body**
- **Motivational training sessions**
- **Strengthening self-confidence**
- **Development of mental strength**

Further information can be found under :

www.coaching-yesyoucan.ch

Always bear in mind that your own decision to succeed is more important than anything else.

Abraham Lincoln
