



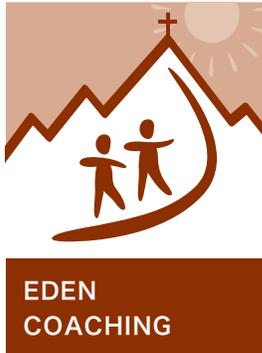
LEADERSHIP COACHING CAREER- AND LIFE COACHING

A LIFE WITH A UNIQUE AND UNMISTAKABLE PERSONALITY

EDEN

EMPOWERMENT DEVELOPMENT EXPERIENCES NATURE

LEADERSHIP TEAM PERSÖNLICHKEIT



YOU WANT TO CHANGE AND DEVELOP? WANT TO SOLVE PROBLEMS OR INCREASE YOUR WELL-BEING?

The achievement of continuous top performance is taken for granted in our company and expected.

This is despite the fact that the professional environment is constantly changing and the demands on individuals are increasing. In order to be able to meet these demands, your own limits have to be constantly expanded. Such enlargements of borders often resemble an internal struggle. Lead the usual coping strategies often not to the desired goal.

Coaching creates the ideal framework for personal development. Here you can reflect, learn and recharge your batteries. We support you in recognizing and implementing your next development steps. We work with tried-and-tested concepts and scientific know-how based on positive psychology. We take a holistic view of your life and work situation and work with you on topics of personal success. Goals, framework conditions and concrete procedures are discussed and planned together. The coaching process is geared towards independent and responsible work.

Your personal resources are the starting point for any solution. Your concerns will be investigated and dealt with through reflection and a cooperative working relationship.

RECOGNIZE YOUR NEXT DEVELOPMENT STEPS. TOGETHER WE WORK AT THE CORE AREAS OF YOUR PERSONAL SUCCESS:

STEP 1: DEVELOP YOUR PERSONAL POTENTIAL

Potential recognition and development, biography work, values, Motivation skills, personality type and ideal environment

STEP 2: DETECT AND VISUALIZE YOUR LIFE VISION

Analysis of your calling, motives, passion, focus and goal definition

STEP 3: DEVELOP STRATEGIES FOR YOUR NAVIGATION

Efficient self, goal and time management



COACHING BASIC ISSUES

LIFE COACHING	<ul style="list-style-type: none">› Recognize your potential and learn to develop it› Discover your personal vision of life, develop long-term strategies› Learn to live in balance through healthy self, goal and time management
CAREER COACHING	<ul style="list-style-type: none">› Find out which one Job suits you perfectly› Create perfect application documents› Position yourself optimally (proactive application strategy)
LEADERSHIP COACHING	<ul style="list-style-type: none">› Leadership efficiency through good self, goal and time management› Leading in change processes› Leadership authority - how it arises and what prevents it
POTENTIAL DETECTION	<ul style="list-style-type: none">› Recognize your potential and learn to develop it.› Discover your personal life vision and develop strategies.› Learn healthy self, goal and time management
VISION FINDING	<ul style="list-style-type: none">› Do you know where your journey is going?› Are there still goals in your life that you want to achieve?› Are there dreams that you have put aside for a long time?
JOB-FIT	<ul style="list-style-type: none">› Analysis of your potential: personality, skills, biography: what am I good at?› Where do I come from and where am I now?› Self-management for balance and authenticity. Self-assessment and feedback› Understand strengths and weaknesses better (persolog DISG typology)
NEW PLACEMENT	<ul style="list-style-type: none">› Actively let go of the old job to proactively engage with new ones› Where do I come from and where do I want to go?› Which job suits me and what potential do I want to use better in the future?
STRESSMANAGEMENT	<ul style="list-style-type: none">› Recognize your stress patterns and uncover stress causes› Get to know and apply various stress management methods› Find a balance and work out the best stress regulators for you

EDEN COACHING METHODOLOGY

Our coaches work goal-oriented. The activating and holistic approach is based on scientific concepts and theories:

- › Systemic approach
- › Cognitive-behavioral approach
- › Individual psychological and action-oriented approach
- › Metaphorical learning and working with analogies and images, for example in nature Personality diagnostics
- › Theories of mediation and conflict resolution
- › Feedback tools and feedback tools

You are welcome to register for a first non-binding needs analysis, after which an individual coaching concept will be developed: info@eden-training.eu



CUSTOMER STATEMENT

The New Placement Coaching was both exciting and challenging. Through various potential workshops and personal discussions. The professional support from the coach was given at all times and exciting impulses inspired me not only to break out of my current work environment. Sebastian Reeh triggered a lot with me through his visionary, creative and confidential nature, so that I could get completely new ideas. Old passions awoke and potentials became aware. In any case, it was a motivation for my career.

MICHAEL ALBANUS | DEKA (SWISS) FINANZ AG | Zürich | Chief Executive Officer

