

Success Coaching for Managers in Frankfurt/Main – *innovative – solution oriented – effective!*



Take advantage of Wingwave Coaching in order to achieve your professional and personal goals.

The Leadership & Spirit Coaching Institute

The Leadership & Spirit Coaching Institute, founded in 2010, supports Leaders and Professional People in various markets and business areas using innovative and proven coaching methods to enhance their business success, enable positive change and provide more authenticity and strength in leading self and others.

Why Coaching with the Leadership & Spirit Coaching Institute?

Using a combination of Systemic Coaching, Wingwave Coaching, Change Management Approaches and structural support, you gain insights and enable change in a fast and effective way, where purely conversation-based coaching techniques would take longer and might be less impactful.

During the coaching process:

- You will be supported in a structured way to find your own way of transformation you will receive tools to facilitate your journey and bring you closer to your objectives
- continuous evaluation and support are part of the transformation process
- innovative, effective and proven coaching input helps you to make significant steps in a short time.

HOW

- During an initial meeting, we will examine your individual situation in detail
- Based on the objectives you'd like to reach, we will define your plan for the next 3 sessions
- After 3 sessions, we will evaluate the progress you have made and, if necessary, make adjustments then plan the next steps together
- Typically, you can expect significant progress after 4-6 sessions

COSTS

- Initial meeting 100€s excl. VAT in the Leadership & Spirit Office in Frankfurt. Individual analysis of your situation and definition of your objectives, including set-up of a coaching plan are included in this first meeting.
- Each subsequent session 160€ excl. VAT -> 1 phone call (max. 1 hour) in between sessions included on demand
- I am happy to travel to a location that is convenient to you, travel costs and time to be agreed separately

What is Wingwave Coaching?

Wingwave coaching is a new, high impact coaching concept that combines various extremely effective and well-proven coaching techniques. This method is used by successful executives, managers, creative people and athletes to reach their goals and increase their inner sense of well-being. It is a balanced approach that combines an integrated understanding of the various challenges you face with tools, evaluation, support and honest, positive conversation.

Successful managers, entrepreneurs, world-class athletes, and renowned artists have all reached their peak and remained at the top of their game by working with a coach. Coaching will prepare you for challenges in your private and professional life. Depending on the objectives you set for yourself, you can achieve work-life balance; deal with difficult people; strengthen your mental resilience and change unfulfilling situations. Coaching is not a psychotherapeutic method for dealing with a mental illness but a straightforward approach that will support you in developing new behaviours and habits. Coaching will teach you to face the future without dwelling on the past. It is preventative, providing you with effective tools to deal with the stress of future situations and burdens from the past.

How can the Leadership & Spirit Coaching Institute support you?

- Coaching is a well proven and supportive technique to enable you to plan and execute personal changes and influence your environment so that you can be more effective.
- You will reflect, plan and organise your success as a manager and leader, and so enable the success of your organisation.
- You will clarify the objectives you want to reach, be more transparent, build confidence and take definitive action.
- You will realise your strengths and achieve your real potential, with depth.
- You will think and act in a more authentic way as a leader. You can lead changes in your organisation, your teams and in your business and private life with more confidence and with a natural leadership style.
- You will learn to better lead yourself, use your resources more effectively to face challenges with more flexibility and less stress.

For more information please contact:



The Leadership & Spirit Coaching Institute

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