

Mind-ReSet

Conscious resilience in everyday business

With the Mind-ReSet program, you get out of the merry-go-round of thoughts for two days and notice your energy balance better again. You recognize the connection between thoughts, emotions and your behavior. In simple exercises and meditations, you will learn how to slow down and take a step into your inner center and get in touch with yourself.

You strengthen your resilience by being able to act from your center again in everyday life.

What you will take away from the course:

- Conscious awareness of thoughts and body.
- Short theory block on the subject of thoughts, emotions and mind, their effect on our inner attitude and our actions.
- Light exercises & meditations to strengthen mental strength in everyday life.
- Experience the here and now.
- Individual self-coaching with Logosynthesis®.

Location:

Seminarhotel Idyll in Gais. www.idyll-gais.ch

Dates (2 days with two overnight stays):

19.04. (18.00) – 21.04.2023 (15.00)

15.11. (18.00) – 17.11.2023 (15.00)

Price per participant:

CHF 2'380.-

Incl. two overnight stays and Übernachtungen und full board

Max 8 persons per training

Language:

German and/or English

Preconditions:

None, participate and enjoy 😊

Your Trainers



Henriette Anzböck

Skills & Qualifications:

Mindfulness-Trainings
Business Coaching
Leadership-Coaching
Energy-Healing (REIKI etc.)

Educations:

CAS Coach
Corporate Mentor (fed. prof. cert)
Logosynthesis® Practitioner
Logosynthesis® Master
(in education)
REIKI 1. & 2. Degree

Stefan Büttler

Skills & Qualifications:

Mindfulness-Trainings
Themed-Seminars
Leadership-Workshops
Business Transformations

Educations:

Clarity® Process Level 1-5
Systemic work
Qi Gong
Business Informatics
(fed. dipl.)

Contact & Registration:

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