



Blockaden lösen: Selbstcoaching mit wingwave (Quadro 49) (German Edition)

Christoph Schalk, Kerstin Hack

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Manchmal ist die Lösung vom Problem die Lösung vom Problem. —Steve de Shazer

Emotionaler Stress, Ängste und mangelnde Motivation schränken unser Leben ein. Dieses Quadro stellt dir mit »wingwave« eine Selbstcoaching-Methode vor, die effektiv solche mentalen Blockaden auflöst. Die neurobiologische Hirnforschung hat im letzten Jahrzehnt völlig neue Wege des Umgangs mit Blockaden für Therapie und Coaching erschlossen. Dieses Quadro zeigt dir Schritt für Schritt, wie du diese Erkenntnisse für dich persönlich anwenden kannst.

Fragen und Handlungsimpulse helfen dir, das Gelesene praktisch umzusetzen. Das Quadro inspiriert und begleitet dich bei deinem Lernprozess mit vier Impulsen pro Tag: ein prägnantes Zitat, ein anregender Denkanstoß, eine provokante Frage, ein praktischer Handlungsimpuls.

Ideal für alle, die freier und leichter leben wollen.

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