

# Psychological Coaching

*„Do not fear the waves,  
learn to surf them.“*

*Andreas Martin*



## There is always a way out, always a better way

There are times in life when everything feels threatening and on the verge of collapsing. We feel depressed, we are afraid. Other times, we struggle in our personal & work relationships, we lose ourselves in addictions or want to give up. We feel powerless. At least 14 million people in Germany feel this way, you are not alone with your worries. The good news is that life changes all the time and there's always a way out of this. There is always a better way.

We are psychologists, psychological consultants, systemic coaches, practitioners for psychotherapy and know what it means to go through hard and frightening times. In recent years, we have accompanied many people on their way to a better life and supported them in finding happiness again. We re-build your self-confidence & self-efficacy to enable to enact change.

We can help you:

- 🐻 Mitigate anxiety and panic attacks
- 🐻 Identify burnout and showing opportunities
- 🐻 Turn limiting beliefs into new ways of thinking
- 🐻 Uncover & change unconscious patterns (related to family & childhood)
- 🐻 Strengthen your capacity for meaningful relationships
- 🐻 Overcome periods of grief & depression

**Free first consultation +49 (0) 3928 9069060**

