

• ELVERFELDT COACHING •

for Results

Business Coaching & Yoga

„Be the best you can be“: with Business Coaching & Yoga



In daily life, you are confronted with growing challenges in an ever-changing, highly dynamic and complex environment. You yourself, as well as the people around you, have high expectations in your attitude and behaviour. Are you the best that you can be? Are you using all your potentials?

- ❖ You are a successful leader for others – can you also be a successful leader for yourself, and does the feedback you get match your self-perception?
- ❖ You are experienced, competent and you achieve your goals. Are you able to persuade co-workers or executives of your plans and objectives?
- ❖ You have sole responsibility for your own decisions – do you keep clarity, focus and intuition, even when dealing with highly-complex polarities?
- ❖ You want to stay successful and feel comfortable about that – how can you regenerate and stay on a high level of energy and vitality?

My 20 year's experience as a coach shows that top executives, comparable to professional athletes, have to be in an optimal mental and physical state in order to succeed their challenges effectively. Their self-perception, way of thinking and acting and their physical constitution are the main factors

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for their success. By combining Business Coaching (mental aspect) and Yoga (physical aspect), **you will become the best that you can be by enfolding your potentials completely.**

My role is to support you in reaching your individual goals. We will use Business Coaching as well as Yoga and breathing techniques in a way similar to how the successful German soccer team in Brazil or top executives like Norbert Reithöfer (BMW) did and do. Originally, Yoga knowledge was passed from teacher to teacher only.

„The first and prior task of executives is to care for their own energy level, and then afterwards to make the energies of others usable“. (Peter Drucker)

According to current studies about leadership in the 21st century (Forum, 2014, Malik 2014, Heidrick & Struggles 2015), the main competences for success are:

- ❖ self-commutation
- ❖ the ability to relate to others
- ❖ the ability to regenerate

The effect of Business Coaching & Yoga:

- ❖ The abilities of self-commutation, inner clarity, intuition, composure, concentration and the capability of making decisions are being maximised.
- ❖ The abilities of relating to others, of communicating and empathy are being optimised, enabling you to persuade others more credibly.
- ❖ You will learn to regenerate and boost your well-being, vitality, authenticity, presence, charisma and impression on others. You will activate your energies used for reaching your objectives.
- ❖ You will gain a better coenaesthesia and more energy, a better consciousness for feelings and their active regulation. You will boost your self-confidence, sovereignty and serenity, which you will be able to show in your body language.

Approach:

1. Preliminary talk with definition of goals (ca. 1 hour, free of charge)
In a dialogue, we will set your individual coaching goals, enabling you to profit maximally in your everyday life
2. **Business Coaching & Yoga** (half a day, single session): Individually balanced Yoga und breathing exercises and individual training plan for self-contained practice according to your coaching goals, like:
 - a. Handling challenges and your own boundaries confidentially. Increasing self-confidence.

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- b. Building charisma and reaching persuasive abilities with clarity, training of perception and a better correlation to yourself and others
 - c. Increasing and regulating own energies and regeneration
3. Business Coaching Transfer into your every day life

I recommend to take at least 6 more sessions after the first Business Coaching & Yoga lesson on a monthly base in order to gain enduring success. Yoga experience is not mandatory.

Place:

Elverfeldt Coaching, Hansaallee 21, 60322 Frankfurt.
Comfortable sportswear is recommended.
A restroom is available.

I'm looking forward to meeting you!

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