

linking people coaching

**Seeing more clearly often
takes no more than a shift
of perspective.**

Antoine de Saint Exupéry

**Today I'll make myself
happy by visiting myself.**

Karl Valentin

**The solution doesn't care
how the problem evolved.**

Insoo Kim Berg

What can I do for you ?

Are you looking for answers to tricky questions? Can't you see the forest for the trees? Would you like to get to the point?

As your coach I support you in unleashing your personal potential. I accompany you on this journey to yourself. I am your listener and your sparring partner, your mirror, your discoverer and your initiator.

A relaxed atmosphere, trust and cooperation in our partnership are important to me. You are the focus of our work and my attention. Confidentiality goes without saying.

linking people coaching offers

- Individual coaching – one to one, by phone or even outdoors, e.g. on a long walk
- Team coaching
- **linking people starter package**
Would you like to simply try out coaching? Then try 3x 45 minutes coaching and one follow-up after three months
You invest CHF 400 (excl. VAT) for this special, single offer.

Further packages or prices available on request.

The approach I use is solution-focused

By focusing on the solution rather than the problem, results are achieved in a much easier, quicker and more sustainable way. Instead of delving into the problem and analysing and examining the possible causes, I will explore with you desired outcomes and functional solutions, in a process that allows new resources to emerge. The more we are able to go into detail at the solution level, the easier you will arrive at solutions which can be implemented successfully.

**Wishes are forerunners
for actions.**

Tim Gallway

What is coaching?

Coaching provides focused, success-oriented support guiding you through challenging processes. By asking questions, you will be able to use your resources and gain awareness. By doing so, you will be able to take a resolute step in the direction you have decided on. High-quality coaching will improve your efficiency and the balance in your professional and in your private life. It reconciles mind, body and soul and will ultimately help your life become more fulfilling.

Interested?

christa.uehlinger@linkingpeople.ch