

Seminar – Let go what hinders you!
For the time being only in German!

Throughout our lives, we have learnt things about life. Statements such as 'Life is hard! You have to live with it! You can never change it' have shaped us and continue to influence how we feel and act. Is that really the case, though, or was it just hard for our parents? Does the same have to apply to us? We have acquired so many abilities and are highly capable of taking control of our lives. We don't need these negative attitudes any more. This seminar is about how to break free from the effects of these influences.

To do this, we use an effective method called logosynthesis.
You can find out more on www.logosynthesis.net.

Contents

Friday evening:

How beliefs and dogmas influence us and where they come from
Introduction to logosynthesis, acquire basic knowledge

Saturday:

Recognise your own beliefs and dogmas and resolve them using logosynthesis
Talk about what you've learnt
Effects on daily life, what can change as a result



Benefits for you

You will feel more liberated and can enjoy life more

You will learn a process which you can continue to use as a self-coaching method

Details

Location: Restaurant Linde, Badenerstrasse 2, 8104 Weiningen

In Deutsch:
Tbd

The seminar is suitable for people who keep struggling and want to learn how they can change this

Your investment / conditions

CHF 360.00 (incl. snacks, excl. lunch)

Register at www.movianda.ch or info@movianda.ch

Your registration is binding, cancellations up to 2 weeks in advance are free of charge, after that fees will be charged



Your trainer / coach:

Karen Bärlocher: Professional coach and trainer since 2005. Specialises in personal development and how people behave and act. Professional experience: 20 years in the finance industry and 11 years as a trainer and coach in various industries

Her motto: Developing conscious awareness helps us to see things differently and simplifies our lives.

Will you join us? I would love to see you there.