

Time for yourself – Let the week fade away and be inspired!

Nature inspires us, increases creativity and opens our mind to new ideas. What could be better than experiencing this at the end of the week on a pleasant walk / hike to get you in the mood for the weekend.

This way!

We'll hike at a comfortable pace for 3-4 hours, stopping along the way to enjoy our surroundings, max participants 6 people

It's your walk, you can chat with others but it's not compulsory. The coach will give you individual encouragement so you can allow your thoughts to flow freely

Inspiration for new solutions in demanding situations, realignment in your professional life, what you can offer your company etc.

Benefits to you

You'll feel peaceful, relaxed and will go home feeling strengthened

You can come up with amazing ideas, make progress with your objectives and at the same time you've been moving, doing your body good



Details

Start and end at Niederweningen railway station

Time: 13:30, return journey 16:30

Weather: we'll go out even if there's light rain, if you're unsure please contact Karen Bärlocher on 076 431 50 25

Your investment / conditions

CHF 95, you'll receive an invoice in due course

Your registration is binding, please confirm any cancellations 48 hours in advance, after that fees will be charged



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.

Interested? Any questions? Give me a call, I'm happy to answer them

Insurance is the responsibility of the participant