



Motto: „The mind that created the problem is not the same gets you out!"

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WHAT TYPES OF CONSULTING SERVICES DO I PROVIDE TO MY CLIENTS?

- ***Holistic Personal Development (Mind – Emotion – Body)***
- ***Career Development***
- ***Human Resources Management - Integrated Services***
- ***Business Management***
- ***Training***

WHOM DO I WORK WITH ?

I work with individuals who:

- ***Are in personal and/or professional distress and do not know how to overcome it;***
- ***Are facing acute time pressure;***

- *Are going through a major change in their career;*
- *Are facing the challenge of neglecting their personal life in favor of their business plans;*
- *Have an unbalanced life – too much work without time for resting or having fun;*
- *Are dealing with the pressure of increased responsibilities;*
- *Are labeled as "difficult" by those around them or "much too perfectionist" and hard to please;*
- *Are feeling exhausted, lacking energy and motivation;*
- *Are feeling that life is living them;*
- *Are searching for a real balance between professional and personal life;*
- *Are experiencing low self esteem and are afraid of the future.*

I work with entrepreneurs / organizations/individuals who:

- *Want to make a strategic partner of human resources and need the appropriate expertise;*
- *Want to put in place a new business idea or want to develop and streamline the existing business and need specialized guidance.*

WHAT RESULTS CAN YOU ACHIEVE?

- *Ways and means to identify yourself and remove obstacles, such as behaviors and limiting beliefs that do not allow you to get what you really want in your personal and professional life;*
- *Strategies for balancing and improving your life;*
- *A structured manner to focus on your needs, desires and goals and time dedicated to successfully accomplish them;*
- *Techniques helping you to enhance self-confidence, positive thinking and motivation so that you meet your own expectations and maximize your potential;*
- *An effective way to clarify and plan your personal, professional and business objectives, as well as the desired results, accompanied by a realistic plan to achieve them.*

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