

## Your coaches



**Christiane Waller**

NLP-Trainerin DVNLP  
NLP Coach DVNLP  
**wingwave®-Coach**  
and Coach for Energy Psychology

Engaging with people is a major focus in my life.

It is always fascinating to observe their potential and how they can excel beyond expectations, as well as overcome obstacles and use this experience to increase their own perseverance. Sometimes, all that is needed is the right incentive at the right time.

To cite Heinz von Foerster: humans are not just human beings, but human becomings. This pretty much entails my approach to interacting with fellow human beings, I truly believe in the ability of everyone to rise above and go beyond expectations.

My goal is to diligently work with you towards your success, continuous education and long-term visions are key factors to reach your personal goal and hence, the satisfaction of my clients.

**Anne Wingchen**

Graduate in sport sciences  
NLP-Master DVNLP  
**wingwave®-Coach**



People are my passion. To accompany them on their individual paths is one of my core strength and duty. I am well aware that the challenge lies in the differences among people. At the same time this is what makes my profession so interesting, it always also opens up opportunities for my own personal advancement. My experiences as an engaging athlete and coach helped me pave my career path.

## Our understanding as coaches

We believe that learning and advancement are not left to chance but something that can be steered in the right direction.

Our experience has shown that organizations can be very differentiated and consequently also the demands and expectations towards the training sessions. This is the reason why we will determine beforehand exactly what is important to you.

**We put you in the center of our joint focus and attention.**

We see ourselves as virtue-oriented coaches, a fact we also implement in our work style. Based on our experience, area of expertise and competence we would like to accompany you as partners during your personal growth process.

Our workshops are based on modules that allow you to make the perfect choice for you or your company. You will learn to reach your goals in an easy and relaxed, yet eloquent environment. With this strategy you can easily acquire new possibilities for more personal and professional success.

We will accompany you throughout the whole process - as reliable partners starting from the first discussions regarding any workshops leading up to the final finishing touches of your training series.

## **TOP RESULTS WITH TOP ATHLETES**

**Effective strategies of success first hand**

*„Success is the extension of your own possibilities“*



## The idea

People accumulate experiences, this results in a very subjective map of the world, this image is equally complete and non complete. It will allow them to accomplish tasks but also inhibit them because they developed survival techniques out of these experiences that are not re-evaluated and questioned later on in life.

They might only sense that they would like to change and refine themselves, but do not know how or have tried other methods and failed. Often they see themselves at the end of a career or no way out to increase personal wellbeing and happiness in their lives.

Towards this goal, we will utilize and project the strategies of professional athletes onto our clients to increase their personal creativity.

You will experience the successful strategies of professional athletes first hand as a combination of methods derived from team-, tandem and individual training tools.

## The athletes

We work with professional athletes, who have been competing internationally for several years and always achieved top results. Not only do they represent national success, but also won international medals from European and world championships as well as Olympic and Paralympic Games.

These athletes are available to you as references and communication partners, to discuss topics such as motivation, goals, how to deal with defeat, time management or even focus. In addition, we will convey their successful strategies to you as seen fit for your own personal situation.

Success in sports as well as professional careers is only possible on the basis of these or comparable strategies.



## Contact

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We also offer presentations and courses on site.

Please contact us directly for more information, requesting a quote or inquiries for bookings.