

## Self-management - an individual topic

Are you in the driver's seat in your life? Are you?

How much control by OTHERs do you experience / how much SELF-control in your life? Your status:

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### How can you deal better with .../ whatever you encounter?

- You want to change something, have tried it several times, but it didn't work out right?
- Self-optimization is a current topic for you - what is it all about for you?
- You have read a lot about self-management, but could not (permanently) implement what you wanted?

You're not alone in this. Especially the sticking points are often "stubborn" and require more than one attempt. Is now the time to go about it? If not now - when then?

### aims

What you can achieve with self-management (examples )

- ... to gain a better overview: before "everything becomes too much" to look at life from a greater height: Ah!
- ... make decisions that are right for you: why some things make sense for you and nothing else: Exactly the way it suits me!
- ... Understanding and solving stubborn patterns or sticking points better: why some doesn't go, doesn't move, or what's holding me: Maybe you can!
- ... Recognizing and acknowledging strengths: what I am good at because it suits me.
- ... find the strength to change things - not to try but to start!

These possible priorities are only examples from our practice. What are your goals?

### The way

Some questions from our self-management conversations:

- How do I get out of the hamster wheel of do, manage, and still never finish?
- What causes these frequent misunderstandings with others?
- Why do I always get stuck in the same place?
- Why am I not happy?
- What do I want?
- How do I stop the mind cinema?
- What can I do to sleep better?

What is on your way / What is in your way?

Which question particularly concerns you?

## What we can do for you

- We are sparring partners at eye level with our expertise and heart, no know-it-alls, no drivers, but competent companions on time.
- We work with them to develop new perspectives that lead to new experiences.
- We accompany you through your process, reflect and analyze old and new experiences, plan measures with you, and accompany you through your change process.

## How we work

- Coaching: the ethical principles of the world's largest coaching association (ICF) are binding for us.
- Consulting: if appropriate and desired, we offer our view.
- Analysis: where appropriate, we recommend the use of recognized, scientifically proven a secure procedure for deeper self-knowledge and development impulses (preferably TMS, VMI)
- Process:
  - Initial discussion: getting to know each other - outlining the situation - naming topics; agreements
  - Personal 1:1 coaching Possible coaching via video conference
  - final discussion

## investment

- Invest in yourself!
- We would be pleased to make you a complete offer. Let's talk about your questions and wishes, about possibilities and the right approach for you!
- Through the framework agreement between your company and Eckhard Schölzel & Partner, favorable conditions may already have been agreed for you. Ask in your personnel department / personal development.

## familiarity

No matter who pays for your coaching - your company or yourself - the knowledge remains confidential with us.