

# stell dich auf - Coaching für Frauen

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Hello you! Are you a sensitive woman who sometimes doubts her self-confidence?

Don't worry, you're not alone. I'm here to help you on your way to a positive self-image in family, relationships and career.

Together we will transform your self-doubt into inner strength. Sounds great, right?

You will be able to confidently own your wonderful self and take back control of your life.

I support women in setting clear boundaries, avoiding toxic relationships, getting rid of stress, successfully implementing their own wishes and increasing joy in life.

Let's work together to find your inner radiance and unlock your full potential. You

deserve to go through life confidently and happily!"

Here are my favorite methods with which I support women: Systemic constellations

for family, work, aspects, health; Psychological counseling sessions; Annual

coaching and individual sessions; Meditations; Human Design; Fogo Sagrado

Therapy; Color and type advice; Access Consciousness

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