

MENTAL SPA ME-TIME

YOUR PERSONAL COACH
ANNETTE FÖRSTER

MANAGING TIMES OF CHANGE WITH CLARITY, PURPOSE & INNER PEACE



YOUR INSPIRATIONAL COACHING BREAK

MENTAL SPA

ME-TIME

YOUR PERSONAL COACH:
ANNETTE FÖRSTER-KRECHBERGER

1. DETOX YOUR MIND

Clear your mind and gently release the clutter and burdens that weigh you down. Learn to evaluate and transform limiting beliefs and unhelpful thoughts, creating space for clarity and calm. Step into a peaceful focused mindset where you can grow and breathe freely.



2. RELEASE & RE-CHARGE

Are you ready to let go of stress and boost your inner strength? Take a step back and understand stress in a new way. Learn how to dissolve tension and unlock personal energy sources to feel calmer, clearer, and more empowered. Release what no longer serves you, and start into a life where you face stressful situations with confidence and develop habits for lasting resilience.

3. UNRAVEL KNOTS

Untangle issues and dissolve tension with Annettes compassionate coaching that clears the way for peace and understanding. You'll gain clarity, learn how to master communication and transform obstacles into opportunities for growth. Step into calm and confident conflict resolution and experience solutions that last.

4. EMPOWER YOUR JOURNEY

Welcome to your Me-Time where vision meets action, designed to help you take stock of your current position and mould a clear vision for your future. Together we will sharpen your perspective, reconnect you to your mission and create a tailored strategy that turns your purpose into action. Annettes structured guidance supports clarity and helps you to get ready for your future.

5. REFLECT - SPAR - INSPIRE

Discover clarity and fresh perspectives through meaningful, honest feedback. This coaching provides you a safe space to explore complex situations, break limiting patterns, gain clarity in the daily jungle of expectations and take clear headed decisions. Annette is ready to act as your sparring partner and as an effective source of inspiration for breakthrough.

6. BUILD SPECIFIC POWER

Bring your own topic and let's transform it into focused strength and clear action. This coaching supports you in unlocking your personal power tailored to your specific requirements and exactly where you need it.

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USEFUL INFORMATION



PERSPECTIV
COACHING & CONSULTING

Your Personal Coach:

Annette
Fürster-Krechberger (MPhil)



Annette lives in Stuttgart, Germany and in Tenerife-North near Puerto de la Cruz.

She is owner of „PERSPECTIV - Coaching & Consulting“ and has been working with leaders and teams in Companies and Organizations for more than 30 years. Besides that she is lecturer at University teaching leadership competencies, conflict resolution and negotiation skills.

She loves helping her clients to discover their potential, create new solutions, and establish a life filled with purpose, energy and joy.

Annette is trained as a coach, clarification facilitator, resilience trainer and is educated in Psychodrama and personnel development as well as in a variety of other coaching methods.

In her free time, she enjoys to do sports (swimming, pilates, hiking, functional training), play music, take photographs, cook, meditate and spend time in nature.

Annette speaks German, English, French and Spanish.

How to book:

1

Choose your favourite Program

2

Get in contact with Annette via Phone or WhatsApp and book a non-binding first appointment

3

Take advantage of your introductory meeting. Find out what Annette can offer you and decide whether you want to work with her

4

Book your individual Me-Time-Package of 1,3,5 or more Coaching sessions

5

Complete your program with a final coaching session, in which you summarize key points and receive additional recommendations and transfer impulses.