

# MENTAL SPA RETREAT

LOCATION  
TENERIFE - NORTH

YOUR PERSONAL COACH  
ANNETTE FÖRSTER

# MANAGING TIMES OF CHANGE WITH CLARITY, PURPOSE & INNER PEACE

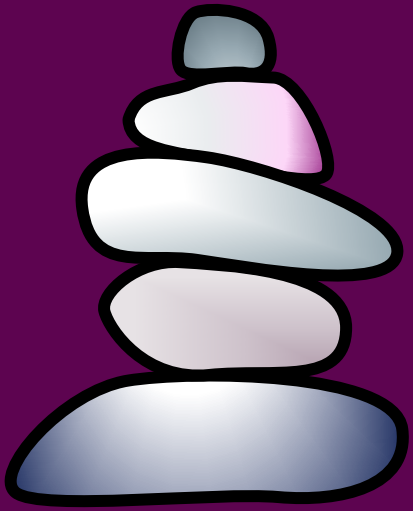
## YOUR RE-CREATIVE TIME OUT



**PERSPECTIV**  
COACHING & CONSULTING



# MENTAL SPA RETREAT



YOUR PERSONAL COACH:  
ANNETTE FÖRSTER-KRECHBERGER

Imagine a fascinating landscape surrounding you, where each day begins with the calming embrace of nature's beauty. This is your space to unwind, regenerate, and reflect deeply. With the support of a dedicated coach, you release burdens or hold-backs and gain confidence and future prospects.

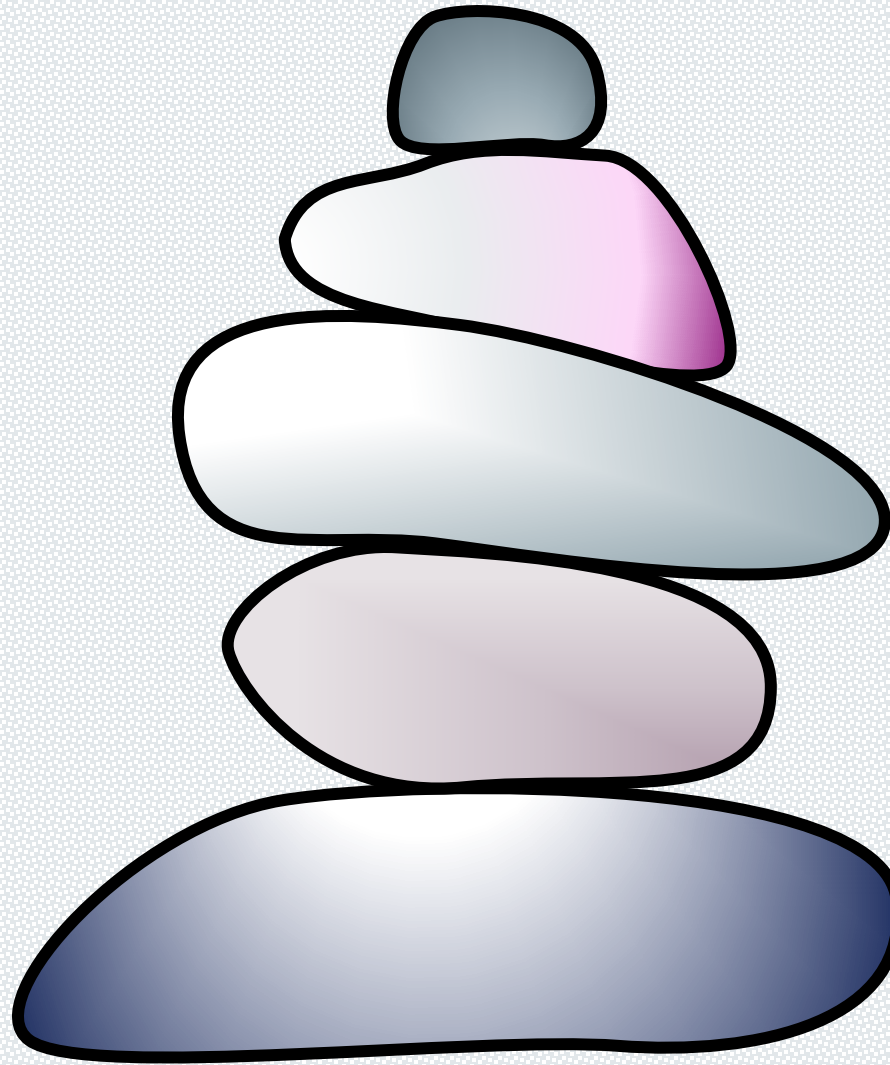
Your 5-day Mental Spa journey offers you an exclusive blend of relaxing and inspiring experiences combined with practical tools and mindful techniques. Stepping away from every day business you nurture your well-being, boost clarity, turn crisis into opportunity and renew focus .

Your day at the Mental Spa Retreat:

- In the morning Annette welcomes you and introduces you to your inspiring impulse of the day.
- Your morning continues with an encounter with nature or a trip to one of Tenerife's natural treasures. Pause, breathe deeply or take a still moment to enjoy and let go.
- Next, you take a mindful walk accompanied by Annette's daily impulse as a reflection guide. You explore the gentle inspiration and insightful questions that invite inner awareness helping you to bring clarity to your thoughts and emotions.
- In the afternoon, your experience deepens through a personal or small-group coaching session, where new perspectives take shape and practical next steps emerge.

# MENTAL SPA RETREAT

THE 5 STEPS OF YOUR JOURNEY



## 5. Refocus & Return

- Draw key conclusions
- Summarize transfer ideas
- Ensure lasting benefits

## 4. Recharge & Revive

- Sharpen your vision
- Integrate new abilities
- Gain additional strength

## 3. Reset & Reframe

- Dismantle disruptive burdens
- Develop fresh perspectives
- Expand purpose & meaning

## 2. Relax & Relieve

- Take time to calm down
- Observe typical reactions
- Allow & express feelings

## 1. Review & Reflect

- Analyze your situation
- Define your challenges
- Activate coping strategies

# MENTAL SPA RETREAT

## USEFUL INFORMATION



**PERSPECTIV**  
COACHING & CONSULTING

## Your Personal Coach:

**Annette  
Förster-Krechberger (M.Phil.)**



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 (Native Speaker) and English (C1), French (B2/C1) and Spanish (B1/B2).

## How to book:

1

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

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

2

3

Find out if your favorite time is available and book your exclusive Mental SPA Retreat

## Location and Organizational Details:

Schedule your Mental Spa Retreat with Annette and book your flights and your hotel at Tenerife North.

Annette will get in contact with you and send you all organizational details in due time.

In case you need a participation certificate don't hesitate to get in contact with Annette.