



My mission is to support people in leading a more fulfilling and healthier life through the BODY-TO-BRAIN approach.

As a business coach and BODY-TO-BRAIN expert, I offer individual coaching sessions, consultations, workshops, seminars and lectures.

I work with people in administration, science and business who are looking for change, are stressed out at work or want to do something good for themselves and their team.

I accompany them in their challenging life situations, support them in decision-making, stress, potential development or self-regulation.

Body and mind are inextricably linked

Our thoughts influence our body, and what we do for our body has an effect on our mind - that is BODY-TO-BRAIN. If we understand and use this connection, we can learn to deal with challenging situations, such as decision-making, illness or separation, in a better and more sustainable way.

In my individual counselling sessions, I mainly work with physical interventions in order to get into feeling and experiencing. This work often reveals very quickly:

- What helps best to deal with stressful situations.
- What feels good or bad.
- Which decision should be made.
- How to realise your full potential.

My passion is to help people in challenging life situations through BODY-TO-BRAIN.



Some challenges where it can be helpful to consciously utilise the connection between body and mind. Behind each example are clients who I have been able to help:

- **Decision-making:** BODY-TO-BRAIN opens access to the wisdom of one's own body and mind so that holistically satisfying decisions can be made.
- **High Blood Pressure:** Self-regulation techniques can be used to overcome blood pressure crises, often without medication.
- **Obsessive-compulsive disorder:** BODY-TO-BRAIN helps to better control compulsions and overcome obsessive behaviour.
- **Breathing and public speaking:** Breathing techniques improve self-regulation, leading to freer and more confident speech.
- **Stress:** Chronic stress symptoms such as difficulty concentrating, sleeping problems, irritability, tension, cardiovascular problems and racing thoughts are effectively reduced or overcome.

I am also very happy to share my knowledge about BODY-TO-BRAIN with other people. I love to talk about it, be it in keynote speeches at internal and external events on the subject of stress or in short energizing workshops after the lunch break.

About me

I am a mother of five and have a PhD in Biology. As a BODY-TO-BRAIN expert, I combine my passion for science and holistic health. I have been a teacher and yoga instructor for many years, and my experience in body-oriented psychotherapy and TRE (Trauma Release Exercise) has deepened my understanding of the interactions between physical well-being and mental health. I am also trained in life kinetics, crisis intervention and coaching.

I speak, give workshops, seminars and work with people on a one-to-one basis on topics such as conscious decision making, unlocking potential/creativity, stress prevention/management, mindfulness, attitude and healthy resilient living.

All offers in German/English on site/online

