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Flexible sports and business coaching

Business coaching, mental training, as well as sport psychological support via telephone or Skype.

Right side of page:

You name the time and the place - with business coaching, mental training, as well as sport psychological support via telephone or Skype. Thanks to professional and flexible coaching, you can get support no matter where you are, and even save time and money.

This is how it works

As part of an introductory conversation, we will formulate your needs and expectations. Together, we can assess whether or not these can be totally or partially fulfilled through telephone or Skype coaching sessions.

Based on the agreed objectives, we will then create an individual coaching program. Thanks to a flexible way of working, it's up to you to determine the time and place of our meetings.

Your advantages

Uncomplicated support suited to your needs

Maximal appointment flexibility

Coaching in a trusted environment

Possible themes for telephone and Skype coaching

Dealing with emotions

Stress management

Communication and feedback

Leadership coaching

Learning and using mental techniques

Competition preparation

Exam preparation

Handling high-pressure situations

Calm and balance

Bringing forth the best results at the right moment

Controlling nervousness and emotions

Please feel free to contact me for more information regarding the scope of possibilities and applications of telephone and Skype coaching