

KRÄFTEWERK

Emotional resilience
for parents & students

VON 1ST JULY TO 31ST AUGUST 2024



RETREAT PROGRAM

MONDAY TO WEDNESDAY AND FRIDAY

from 10 am to 12 pm

Wingwave young: Weekly schedule 1: W 27, 29, 31, 33, 35

Monday: [This is how my success switch works!](#)

Tuesday: [Magic words](#) – the removal of blockages within minutes

Wednesday: [Emotional coaching for the whole family](#)

Friday : [Dissolving problems](#) – with the balloon training

Wingwave young: Weekly schedule 2: W 28, 30, 32, 34

Monday: [My personal success story](#)

Tuesday: [Learning - made easy!](#)

Wednesday: [My magic coat - this is how I stay cool!](#)

Friday: [How to become a performer](#)

PROGRAM

Between July 1st and August 31st, our selected lectures on Emotional Balance with the Wingwave method for parents and students take place every Monday to Wednesday and Friday.

1:1 coaching with the trainer is available by appointment.

PRICE

For a 7-day booking, the workshop is free for the entire family, otherwise, a fee of €50 per family per workshop applies.

This is how my success switch works!

It's actually quite simple: the most effective switch for success is always within us, and it's our own body. Each person associates certain body movements with positive feelings: with hands, arms, feet, even with eyebrow movements, in short, with all possible movements. In the workshop, all participants can find their success switch to then consciously use it later to "turn on" optimal feelings and also good body control – while studying, doing sports, or giving a presentation. Important: all participants should mention a few personal favorite music tracks in the workshop, which they can already think about beforehand. For this, they will also bring their mobile phones.

Magic words

THE REMOVAL OF BLOCKAGES WITHIN MINUTES

There are great words like “magic,” “success,” “shooting star,” or maybe even “Tictoc.” But there are also words that we tend to react to with unpleasant feelings when we hear or read them: “homework,” “exam,” “dentist,” “mathematics,” “Latin,” or “tidying up.” In this workshop, we simply “enchant” the effect of words and turn stress words into “Magic Words.” Suddenly, the word “exam” sparks motivation and creativity, “tidying up” works twice as fast because internally, you’re no longer resisting it but rather want to get it over with to enjoy the relief from the task. Even in sports, words like the name of the opposing team suddenly evoke strength and determination instead of eliciting fear.

Emotional coaching for the whole family

For this workshop, everyone also brings their smartphone because we're going to have a mutual photo shoot. However, it's not about taking the most beautiful photo. Instead, we'll take photos of each other with different facial expressions and find out how to respond to various emotions that family members or other people might show calmly, creatively, convincingly, or with humor and the right words.

Dissolving problems with the balloon training

Balloons aren't just fun at parties; they're also excellent for training reflexes and fostering creative problem-solving skills. Why is that? Because balloons always have unpredictable "flight paths" – focusing on them requires playful body control, constant attention, and, most importantly, "surprise fitness." Surprise fitness, in particular, helps us deal with experiences we're not prepared for because not every day, every exam, or every party can be perfectly planned. We must always remain flexible and imaginative: "Things always turn out differently than you expect; but always just as they're meant to be."

– Wilhelm Busch.

My personal success story

Fairy tales are not just stories; they also serve as excellent hope and success training. They act as “stress inoculation.” At least, this applies to the “tension curve” of classic Brothers Grimm stories: everything is fine, then suddenly a problem arises – and you don’t know if the hero or heroine will manage to overcome it. But then suddenly, there’s the “turn for the better”: everyone is relieved, and “they live happily ever after.” Self-developed fairy tales – as we learn in the workshop – are personal stories for individual “stress inoculation.”

Learning - made easy!

Nothing facilitates successful learning as much as a photographic memory. Photographic memory can be trained deliberately. The technique is called "Photo-Reading." Learned contents are stored in memory like a good photograph and can then be recalled precisely at any time. This applies to vocabulary, all learned contents, spelling, remembering names – just to name a few examples. In this workshop, participants will quickly and easily learn "learning how to learn."

My magic coat - this is how I stay cool!

“Let it not get to you,” they say so nicely! But how is that supposed to work? There must be something protective between oneself and the outside world. Here, the brain needs a mental aid to imagine what that could be. A mental magic cloak is an ideal image that the brain can work with. It helps us feel safe with ourselves regardless of other people’s moods or negative news. It acts like “mental Goretex”: the not-so-nice energies coming from outside bounce off, while the magic cloak lets good energies pass through, and you can also verify this in the workshop.

How to become a performer

Especially in school, but also throughout life, there's good feedback for successful presentations: speeches, talks for various occasions, and presentations. But even performance arts like singing auditions, gymnastic displays, or reciting poetry improve after attending this workshop. Above all, we learn in this workshop how to handle various audience reactions creatively, convincingly, and perhaps humorously, and how to present ourselves confidently.

Our experts



CORA BESSER-SIEGMUND

Graduate psychologist and co-founder of the wingwave coaching method. Business coach, business teaching coach. Author of numerous psychology guides - especially on the subject of emotion and stress management.

HARRY SIEGMUND

Graduate psychologist, co-founder of the wingwave coaching method. Business coach Business teaching coach. Expert in performance confidence. Author of numerous psychology guides.



LOLA SIEGMUND

Business psychologist and co-developer of wingwave coaching, specialising in “wingwave Young” for pupils and students as well as leadership and resilience coaching. Author of numerous psychology guides.

KARL IRNDORFER

Former Bundesliga player (over 100 professional games), doctor of economics, NLP coach and NLP trainer. Psychosocial counsellor.



STEFFEN SCHUH

wingwave trainer & coach. Change Management Operator in an internationally operating craft enterprise. Specialist consultant and crisis intervention worker/peer for psychosocial emergency care (PSNV), a large aid organisation in Saarland (Germany). Specialisms: Coaching for high stress, business and leadership.

REINHARD WIRTZ

Director of the Feel Free Academy and the wingwave centre in Munich. Expert in self-determination and personal freedom. Systemic coach and trainer for mindfulness and stress management

