

KRALLERHOF

## Emotion Coaching

FROM 1<sup>ST</sup> JULY – 31<sup>ST</sup> AUGUST 2024



# RETRREAT PROGRAM

## MONDAY TO WEDNESDAY

from 10 am to 12 pm

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

Monday: [Reduce stress!](#)  
Enjoyment training with positive emotions

Tuesday: [Empowering self-motivation with "Magic Talk"](#)

Wednesday: [Communicate successfully:](#)  
How do I create a positive wavelength  
with my conversation partners?

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

Monday: [Mental balance through future resilience](#)  
– also for the career

Tuesday: [Euphoria management in the face of consumer excess:](#)  
Chocolate & Co, media pull and shopping frenzy

Wednesday: [Against "procrastination":](#) Stress vaccination and "flow"  
for the daily to-dos in everyday life: learning and practicing,  
sorting documents, doing sports, tidying up, etc.

## PROGRAM

Between 1<sup>st</sup> July and 31<sup>st</sup> August, our selected lectures on emotional balance with the Wingwave method will take place every Monday to Wednesday.

1:1 coaching with the trainer is possible by separate arrangement

"Bonus programme KKH" (Kaufmännische Krankenkasse Hamburg): Members of this health insurance company receive a refund for a wingwave coaching session

## PRICE

For 7-day bookings: Workshops free of charge for the whole family during the booked period otherwise 50 euros per family per workshop.

# Weekly schedule

MONDAY	TUESDAY	WEDNESDAY	THU	FRI	SAT	SUN
1. July	2. July	3. July				
Reduce stress!	Empowering self-motivation	Communicate successfully				
8. July	9. July	10. July				
Mental balance	Euphoria management	Against procrastination				
15. July	16. July	17. July				
Reduce stress!	Empowering self-motivation	Communicate successfully				
22. July	23. July	24. July				
Mental balance	Euphoria management	Against procrastination				
29. July	30. July	31. July				
Reduce stress!	Empowering self-motivation	Communicate successfully				
5. August	6. August	7. August				
Mental balance	Euphoria management	Against procrastination				
12. August	13. August	14. August				
Reduce stress!	Empowering self-motivation	Communicate successfully				
19. August	20. August	21. August				
Mental balance	Euphoria management	Against procrastination				
26. August	27. August	28. August				
Reduce stress!	Empowering self-motivation	Communicate successfully				

# Reduce stress!

## ENJOYMENT TRAINING WITH POSITIVE EMOTIONS

### WHAT IS IT ABOUT?

Emotions move the body; we feel moved. Hence the name: “Motio,” meaning movement.

Positive emotions trigger bodily sensations that we subjectively perceive as pleasant: there’s a flow or tingling sensation, everything becomes invigoratingly loose and light, one experiences feelings of energy, tranquility, or even happiness and security.

### HOW DOES IT ENRICH MY LIFE?

Positive emotions contribute to a healthy metabolism, a sympathetic facial expression, good posture, optimal body control, and improved learning and concentration abilities.

### WHAT WILL BE TAUGHT?

In this workshop, participants will learn how to consciously activate positive emotions in a short amount of time. We refer to this as “Enjoyness” – the ability to deliberately evoke and harness joy as a source of mental balance and high performance.

# Empowering self-motivation with “Magic Talk”

## WHAT IS IT ABOUT?

In our workshop, we introduce participants to the intrapersonal dialogue as an effective self-coaching technique. Many of us are not aware of how often we criticize or devalue ourselves. The inner voice can sometimes be our harshest critic, tougher on us than we would ever be to others.

## HOW DOES IT ENRICH MY LIFE?

Up to 80,000 thoughts pass through our minds daily, and they feel just like someone else talking to us. Here, we can't simply say, "I'm leaving the room." The path to self-generated "good vibes" lies in motivational thoughts that generate positive, energetic feelings.

## WHAT WILL BE TAUGHT?

Each workshop participant develops their own positive self-coaching dialogue, which can then be further trained independently using the wingwave app later on.

# Communicate successfully:

## HOW DO I GENERATE A POSITIVE WAVELENGTH WITH MY CONVERSATION PARTNERS?

### WHAT IS IT ABOUT?

In this workshop, participants will learn how to quickly establish a positive wavelength with a variety of individuals. It's no coincidence that we talk about having a "connection" with others. Even in wireless communication, at least the "wavelength" must be right for the information to be received as intended and for communication to be successful: whether in customer conversations, in education, or during job applications.

### HOW DOES IT ENRICH MY LIFE?

When you're sitting in a restaurant, you can intuitively guess whether the people at the neighboring tables have a "good connection" with each other or not. You don't even need to understand the content of the exchanged words and sentences. Communication partners express their "wavelength" nonverbally through body language – such as proximity, distance – and verbally through the pace and volume of speech.

### WHAT WILL BE TAUGHT?

In wingwave training, the "good wavelength" is specifically trained.

# Mental balance through future resilience – also for the career

## WHAT IS IT ABOUT?

The future doesn't just happen to us; we humans can also creatively design it. It's the only type of time we can shape. Future experiences occur solely in the mind because the future hasn't happened yet. Our imagination determines whether we "color it brightly," see the "silver lining," and can ensure resourceful "realizations." Because thoughts create feelings, and those feelings decide whether we perceive ourselves as victims of events or whether we can sometimes seize the bull by the horns.

## HOW DOES IT ENRICH MY LIFE?

The workshop focuses on shaping the personal timeline and establishing a resourceful connection with the inner "future self."

## WHAT WILL BE TAUGHT?

You learn to think confidently about your future so that these positive thoughts become true in a self-fulfilling prophecy sense.

# Euphoria management in the face of consumer excess:

## CHOCOLATE & CO, MEDIA PULL AND SHOPPING FRENZY

### WHAT IS IT ABOUT?

What connects the terms cravings, shopping spree, stock market fever, sentimentalism, and euphoria?

They describe the neurobiological state of high arousal due to excessive positive emotions. The word “excessive” suggests that the individual runs the risk of missing their goal. The positive emotional kick often leads to remorse, regret, or even pain after a short flash, which aptly describes the term “crash landing”: one may feel annoyed about having eaten too much, watched TV for too long, or spent too much money again.

### HOW DOES IT ENRICH MY LIFE?

With wingwave - excessive greed and consumer stress are transformed into “healing disillusionment” - you simply feel good within yourself - without having to add unnecessary stimuli from outside. And it is then easy to resist the “seducers”.

### WHAT WILL BE TAUGHT?

You will learn how to successfully resist temptation.



# Against “procrastination”

STRESS INOCULATION AND “FLOW” FOR THE DAILY TO-DOS IN EVERYDAY LIFE: LEARNING, PRACTICING, SORTING DOCUMENTS, DOING SPORTS, TIDYING UP, ETC.

## WHAT IS IT ABOUT?

There are a number of daily tasks and routine chores that are essential for maintaining our quality of life – but many people don’t enjoy them at all. They need the drive to get these tasks done. Because these tasks aren’t about creating beautiful things or savoring uplifting moments, but rather “just” about preparing and maintaining the basics of quality of life. The list is long:

- Filling out tax returns, sorting receipts and bank statements
- Doing the dishes, household chores in general
- Routine tasks at work like processing emails
- Doing schoolwork, studying long lists for exams
- Unpacking moving boxes

## HOW DOES IT ENRICH MY LIFE?

In this workshop, we show how to tackle these to-dos with a “light touch,” making them quick and efficient to accomplish.

## WHAT WILL BE TAUGHT?

Learn to efficiently complete even the unpleasant tasks without wasting unnecessary energy.

# 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

