

Pricelist Coachings

"Invest as much in yourself as you can, **you're by far your most important asset.** [...] You have only one mind and one body. And they have to last your whole life. It's very easy not to worry about it. But if you don't care about your mind or your body, forty years later you're a wreck, like a car." (Zitat Warren Buffett)

Before you look at the prices, I would like to ask you some questions:

1. **Why would you like to do a coaching and why now?**
2. **For which person, do you want to do this coaching?**
3. **What is it worth to you, to find a partner?**

I experience very often that people want to save money, especially in terms of personal development. Coaching is much harder to grasp than, for example a new mobile phone, a new pair of shoes or a new car.

I always recommend the following perspective to my clients:

Imagine that you want to get a promotion in your job. What can you do about it? Further education is often a good idea. So you invest in a further education and learn new skills. For example to be able to use new tools and techniques. This increases your chances of getting a promotion and getting a raise. Month by month and year by year you have raised your income.

How do you apply this principle to your social life? When was the last time you did a personal training course in order to have more love and joy in your life?

My Coachings

	Content	Bonus and Tools to work with	duration	Prices in € including VAT
First Appointment	<ul style="list-style-type: none"> - Get to know each other - Ask all your questions - First feedback and tools for everyday use 	<ul style="list-style-type: none"> - Appointment transcripts and recommendation for coaching-concept 	30min	<u>0.00€</u>
Single Appointment	<ul style="list-style-type: none"> - Individual topic 	<ul style="list-style-type: none"> - Appointment transcripts - If fitting: recommendations for meditations or techniques that you can use in your everyday life 	60 min	per hour <u>99,00€</u>

<p>Coaching-Program: Self-Confidence for Introverts</p>	<ul style="list-style-type: none"> - Personality analysis: What are your strengths and potentials? - Core-Beliefs: Finding and resolving internal barriers - Positive self-image and more self-confidence: exercises and tools you can use in everyday life - Perspective: Developing energy-giving routines and a positive mindset - Strategy: Development potential in job and everyday life 	<ul style="list-style-type: none"> - Handouts and transcripts for each appointment - 1 Workbook with exercises and space for notes - Individual recommendations for: meditations, routines, techniques 	<p>Approximately 1 month, 5 Appointments (each 90 min)</p> <p>+ Support via Telegram or Signal</p>	<p>total: <u>699,00€</u></p>
<p>Coaching-Program: Finding a Partner for Introverts</p>	<ul style="list-style-type: none"> - Analysis Relationship Type: Are there patterns in your search for a relationship management - Partner and the 5 love-languages: partner analysis, real life and online approach of potential partners, how to communicate in a relationship - Dating: Planning your first dates + pitfalls - Consent and Boundries: How do you ensure that dating takes place safely, pleasantly and with consent for you and your future partner? 	<ul style="list-style-type: none"> - Handouts and transcripts for each appointment - 1 Workbook with exercises and space for notes - Individual recommendations for: meditations, routines, techniques - Online profile Check professional feedback on online presence - Style Check feedback on clothing and color selection 	<p>About 1 month, 5 Appointments (each 90 min)</p> <p>+ Support via Telegram or Signal</p>	<p>total: <u>699,00€</u></p>



<p>Coaching-Program</p> <p>Self-Confidence and finding a Partner for Introverts</p> <p>This is my recommendation as self-confidence and self-worth is the foundation for successfully finding a partner</p>	<ul style="list-style-type: none"> - Personality analysis: What are your strengths and potentials? - Core-Beliefs: Finding and resolving internal barriers - Positive self-image and more self-confidence: exercises and tools you can use in everyday life - Perspective: Developing energy-giving routines + positive mindset. - Strategy: Discovering potential in job and everyday life - Analysis Relationship Type: Pattern in the search for a Partner and Relationships - Partner and the 5 love-languages: partner analysis, how to approach a potential partner in real life and online, how to communicate in a relationship - Dating: planning your first dates + avoiding pitfalls - Consent and Limits: Ensuring dates, that are safe, enjoyable and with consent for both - Practice in dating: What works, where do you want to learn more? - Feedback and understanding: Individual tips and hints for your dates 	<ul style="list-style-type: none"> - Handouts and transcripts for each appointment - 1 comprehensive workbook with exercises and space for notes - Individual personal recommendations for: meditations, routines, techniques - Online profile check professional feedback on the online presence - Style check feedback on clothing and color selection 	<p>Approximately 3 months at least 10 Appointments (each 90 min)</p> <p>At least until you've found someone</p> <p>+ Support via Telegram or Signal</p>	<p>Total:</p> <p><u>1299,00€</u></p>
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