

ROCK'N'ROLL **NEEDS** RESILIENCE

Holistic Coaching to twist brain and body for best results.

Who is it for?

Your creative professionals and informal leaders keep the show running. They hold space, manage chaos, and empower others... but rarely get support themselves. The result?
They are slowly zooming out.

What's to win?

- Self-Leadership: *smoother operations*
- Resilience: *steady performance during peaks, calm & clear mind*
- Productivity: *efficient & smart*
- Engagement & Proactivity: *positive culture uplift*

What's my offer?

1:1 Online Coaching (EN/DE)

WarmUp: *free intro call*

3 Sess.: € 800,00

6 Sess.: € 1.400,00

12 Sess.: € 2.600,00

All prices are net.



What's the twist?

Performance Meets Presence.
Coaching specifically to support the backbone of your business.

- Built for creative, fast-paced industries
- Bold, creative, grounded approach
- Twisting old patterns
- Impactful, actionable tools
- Between Session Reflections & Worksheets

Let's talk! – Support for your Supporters.

Verena...

... channels her HR & event management roots in dynamic creative industries into holistic, power-up coaching. Freedom-driven with a unique style, she coaches humans, not titles—for steady strategies that stick!

Contact Me

Book a Warm Up Call! 

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Connect on [LinkedIn](#) & [Instagram](#)

*Let's Twist Brain & Body
for your growth that lasts.*