

ROCK'N'ROLL **NEEDS** RESILIENCE

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Holistic 1:1 Coaching for the people who keep things running

Creative professionals and informal leaders carry a lot.
Pressure, responsibility, people, deadlines.

Over time, this leads to stress, decision fatigue, and quiet burnout often long before anyone notices.

What this coaching supports

- Clear decisions under pressure
- Sustainable performance during peak phases
- Self-leadership and ownership
- Resilience without burnout

What's different here

This is not motivational coaching.

It combines professional coaching, embodiment, and nervous system literacy grounded in real creative work environments.

Verena coaches humans, not titles.

How it works

1:1 online coaching (EN / DE)

Start with one month (4 sessions)

- gain perspective
- unpack what's really going on
- address first priorities
- Whats App Support
- Individual Online Toolbox

Start month (4 sessions): €840

Continue monthly if it supports the individual and the organization

Ongoing monthly coaching: €780

Why companies choose this

Supporting the people who support others reduces burnout risk, strengthens decision-making, and stabilizes performance over time.

This is preventive support, not a reaction to crisis.

Interested or questions? An intro call clarifies fit.

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"Resilience isn't about pushing harder — it's about having the capacity to stay clear and effective under pressure.

I support people who carry responsibility to build exactly that, mentally and physically."

