

Twisting Brain & Body


Transform Your Leadership: Build Resilience for Success

Key Challenges for HR Pros and New Leaders:

- **Overwhelm and Burnout:** Always “on call,” juggling endless tasks under pressure.
- **Balancing Strategy and Operations:** Torn between long-term vision and daily demands.
- **Leadership Transition Stress:** Managing new responsibilities, team dynamics, and personal insecurities
- **Work-Life Imbalance:** Struggling to set boundaries and prioritise personal well-being.
- **High Expectations:** Facing pressure to perform flawlessly from all sides

The Solution: Resilience Coaching!

- Twist your brain & body.
- Learn how to thrive under pressure.
- Discover tailored resilience strategies to empower you and your growth.

Only 5 Spots in Q2 - 
Get Your Free Resilience Check Now!

Unlock Resilience for:

- + Enhanced Productivity
- + Better Problem Solving
- + Increased Adaptability
- + Reduced Failure Rates
- + Improved Retention
- + Sustainable Routines



The Twist







Initial Assessment: Understand Stress Triggers

Skill Building: Develop Resilience Tools to reconnect brain & body incl. yoga and natural movement practices.

Integration & Mastery: Sustain Long-Term Success

"You are taking care of the team...
... but who takes care of YOU?"

Healthy Habits for Hectic Lives

Feature	Starter	Growth	Mastery
 Duration	6 Sessions	8 Sessions	12 Sessions
 Focus	Basics	Advanced	Mastery
 Custom Worksheets	✓	✓	✓
 Interactive Sessions	✓	✓	✓
 Ongoing Feedback	✗	✓	✓
 Personal Growth Plan	✗	✗	✓

Meet Verena!

With extensive experience in high-pressure industries like music, media, and events, I specialize in helping HR professionals and leaders build resilience. My practical coaching enables YOU to excel, even in the most challenging environments without burning out!

Let's Talk! 

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Click to connect!  