

YOU'RE FINE, NO?

DOUBT INTO DECISION. STRESS INTO STEADINESS. OVERWHELM INTO FOCUS.

Everyone thinks you've got it together. But you're not so sure anymore.

High-capacity on the outside. Slowly burning out on the inside?

Your old structure is crumbling, and nothing has replaced it yet.

I was fine too, until I wasn't.

16+ years in events, startups and HR, plus my own burnout, taught me: *you can't think your way out of this.*

We work with your nervous system, so your next move is your choice, not the old pattern's.

Confetti → Clarity → Capability → Action

With this four step process we will organise the confetti in your head, create clarity and capability, and turn your decisions into manageable action steps.

Somatic coaching for people at home in chaos and lost in the quiet.

"Besides a psychotherapist, I found a competent, warm, empathetic coach in Verena. With her I worked out so many important insights and new approaches."

— Corinna H., CEO

THE RESET - € 595 net

Get unstuck and make your next move

- 3 x 60 min, online
- WhatsApp support between sessions
- Your tailored toolbox

THE RESET is your entry point.

Ideal for short-term support and to decide what you need afterwards. Choose between mid-term (3 months) and long-term (6 months) coaching starting from € 330/ month.

ARE YOU FINE? NO?

[Click here ↗](#)



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