

VERENA HOFFMANN | TWIST BRAIN & BODY COACHING

YOUR TEAM IS FINE. IS IT?

Corporate wellbeing for creative teams under pressure.

More than another feel-good workshop.

Practical tools people can use on the job.

I was part of these teams before I coached them.

16+ years across events, startups, people management and corporate environments.

TEAM RESILIENCE

Practical support for teams operating under pressure.

Stress · boundaries · self-regulation · workload · burnout prevention

The After Work Reset | 1-2 hours

Stay Steady: Priorities Under Pressure | half a day

1:1 COACHING

For the people who keep everything going.

A confidential space to think, untangle and decide during change, pressure or transition.

For HR, PAs, Ops, Team Leads & informal leaders.

OFFSITES & TEAM CULTURE

More than a day out of the office.

Programs, practices and rituals built with your team.

Connection, reflection and habits that hold after the offsite.

YOUR CALL

Tell me about the group, format and what you want to shift. You get a concept back.

Berlin · Onsite & Online · Max. 20 people

Funded from the learning & development budget.

BOOK A FIT CALL! ↗



Verena Hoffmann

ICF Cert. Coach · Event & HR
Manager · Yoga Teacher

twistbrainandbody.com