

TWIST BRAIN **AND** BODY

Verena Hoffmann · PCC, ICF Professional Certified Coach
Somatic 1:1 Coaching for people who think with their brain & body.

The Reset - € 525 net

- 3 × 60-min 1:1 coaching sessions (online), 6 weeks
- WhatsApp support between sessions
- Your individual online toolbox: practices, notes, and resources tailored to you
- Space to unpack, understand, and shift what's really going on

Doubt into decision. Stress into Steadiness. Overwhelm into Focus.

By the end, you'll have a clearer understanding of your patterns, and clarity on what your next step looks like.

Less OM. More You. *Take 3 months*

- 6 × 60-min 1:1 online sessions (every two weeks)
- Optional onsite sessions in Berlin on request
- WhatsApp support between sessions
- Your online toolbox, tailored and updated as we go
- A check-in at the midpoint and at the end

350 € net/ month

Stay Steady. *Take 6 months*

- 12 × 60-min 1:1 online sessions (every two weeks)
- *Optional onsite sessions in Berlin on request*
- WhatsApp support between sessions
- Your online toolbox, tailored and updated as we go
- A check-in at the midpoint and at the end
- Free Aliveness Audit
- Free "My personal story" - Workbook

350 € net/ month

Interested or questions? An intro call clarifies fit.
twistbrainandbody.com • verena@twistbrainandbody.com

ADHD Friendly Coaching

- Optional for neurodivergent thinkers and people who think things through with their body
- Topic Agreement
- Movements for focus, flow, and self-regulation
- Afterwards Talk-based coaching for clarity, decisions, and boundaries.

