

YOU'RE FINE, NO?

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

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

The old structure that held you is crumbling. The new one hasn't formed 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.

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

My work in four steps: **Confetti** → **Clarity** → **Capability** → **Action**

ADHD-friendly coaching for high-capacity people in a life transition.

"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

Continue within the first 4 weeks: the 595€ comes off your package.

Less OM. More You. Take 3 months

Regulate to find YOUR direction

- 6 x 60-min (every 2 weeks)
- WhatsApp support + your toolbox
- Midpoint and closing check-in
- Onsite in Berlin on request

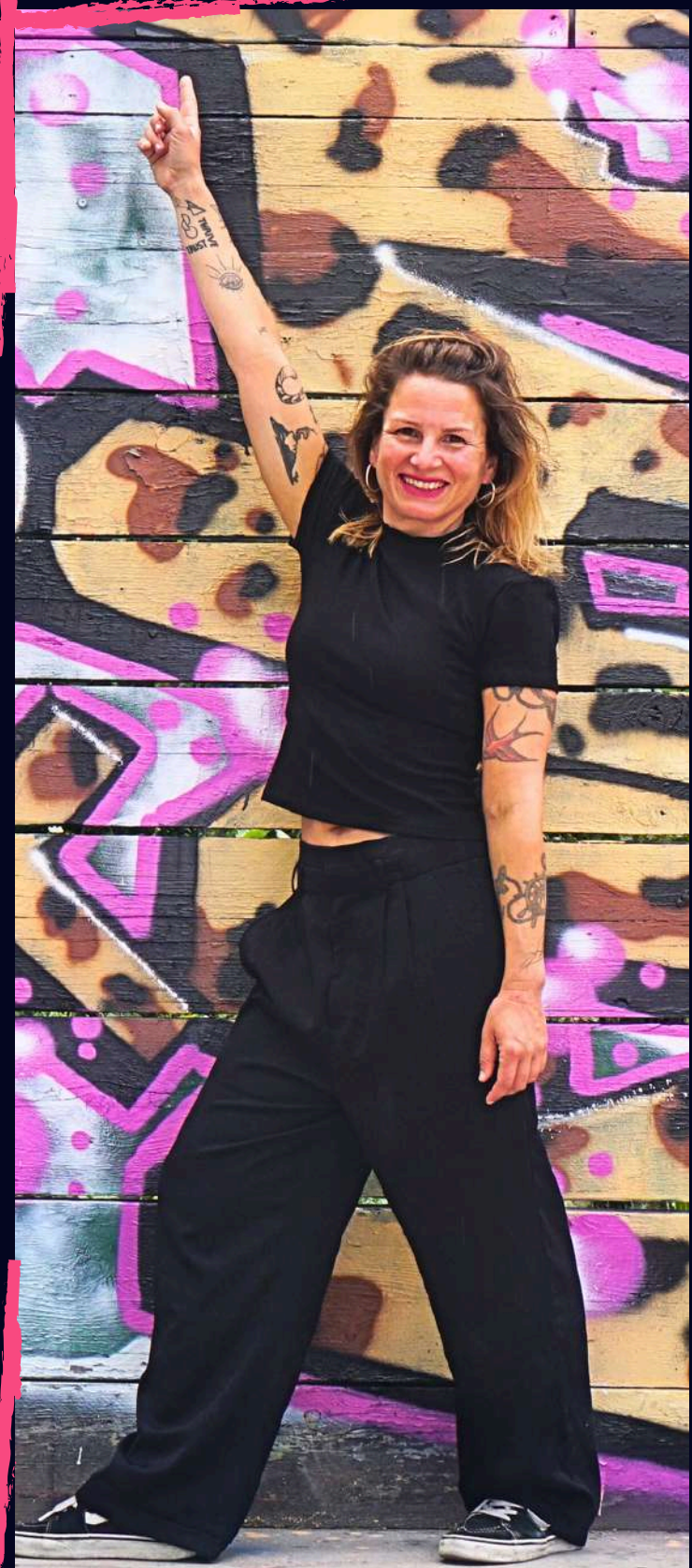
350 € net/ month

Stay Steady. Take 6 months

Regulate, redirect, and get your rock'n'roll back

- 12 x 60-min 1:1 (every 2 weeks)
- Everything in Less OM. More You.
- Aliveness Audit
- "My Personal Story" workbook

330 € net/ month



Verena Hoffmann

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Interested or questions?

Book a fit call to clarify. ↗