

## What we offer



Workshops



Individual and group coachings



Accompanied program implementation



Events

## Contact us

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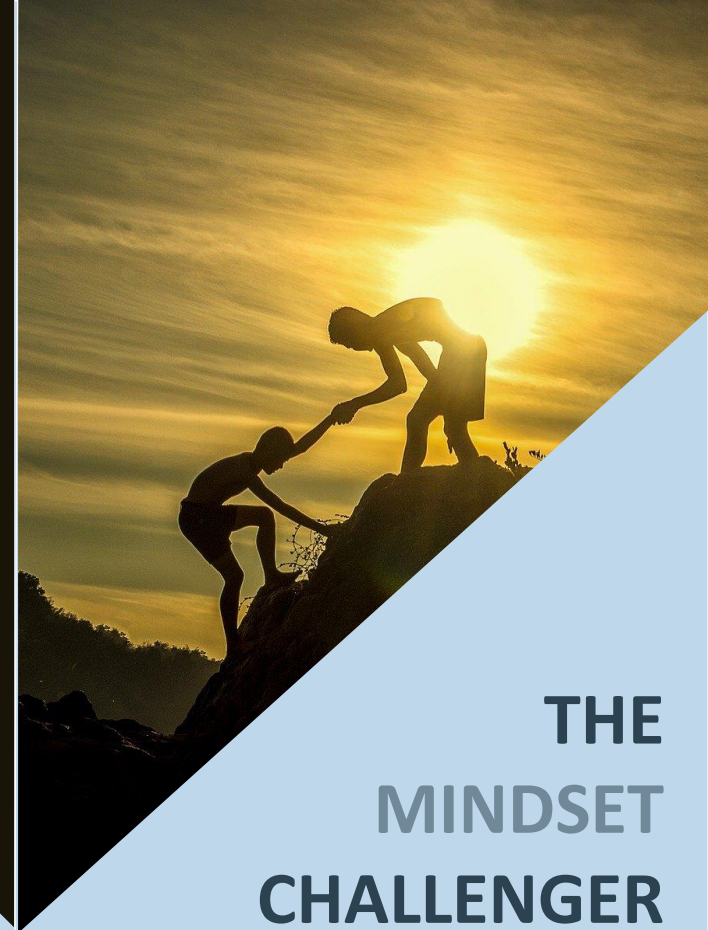
*BUILDING HIGH PERFORMING ORGANISATIONS  
- Connecting Leadership & Operational Excellence -*



## Our Mission

There is a big gap between what education teaches, business does and science knows.

We make concepts easy to understand, provide techniques for sustainable application and support your development.



# THE MINDSET CHALLENGER

Inspiring people unlock their potential, so that they spread engagement, empathy and effectiveness.

## Individuals



## Teams



## Leaders



- Energy management
- Stress management & Resilience
- Health boosting nutrition
- Sleep management
- Digital detox
- Successful relationships

- High performing team
- Optimal team setting
- Time management
- How to manage your boss & colleagues

- Inspiring Leaders
- Create leaders, not followers
- Modern performance management

FOR INDIVIDUALS,  
TEAMS AND LEADERS

- Routines to make it stick
- Outdoor workshops (Swiss Alps)

- Find your Purpose

- Effective workshops
- Inspiring presentations