

My name is Verena. I'm a professional 'changemaker' and 'life creator'. Wait, what? Okay, let me briefly explain: if you want to make changes in your life, those initial thoughts can be confusing, frightening, if not totally overwhelming. Without the right tools or clear next steps anything new or unknown feels distinctly uncomfortable. But don't worry - I've got you



RECONNECT

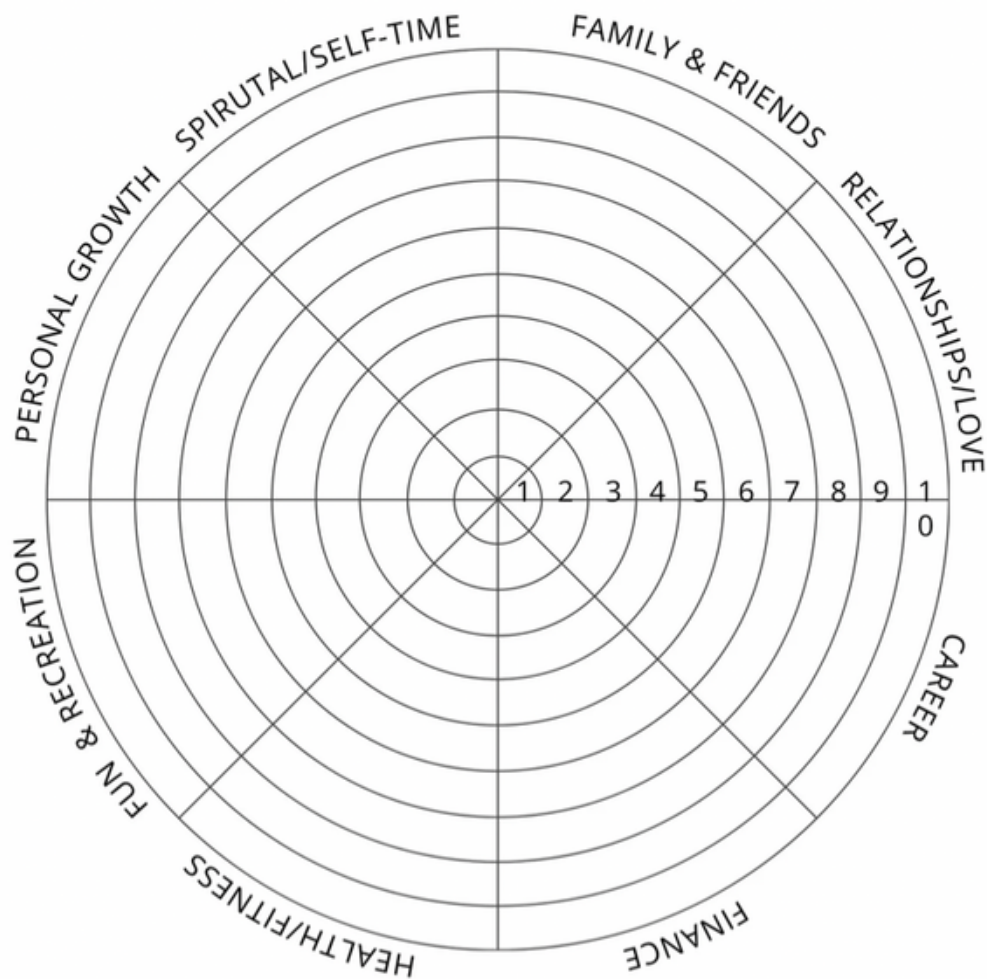
In the journey towards self-discovery and personal growth, understanding your needs is a crucial step. The "Reconnect" coaching toolkit offers a variety of powerful tools designed to help individuals explore and identify their needs. By engaging in self-reflection and targeted exercises, individuals can gain insights into what truly matters to them, fostering a more fulfilling and purposeful life.

1. Self-Reflection

- Ask yourself: "What makes me happy?"
- Create a habit of mindful self-reflection to better understand personal preferences and desires.

2. Wheel of Life

- Assess different life areas such as family & friends, relationship/love, career, finance etc
- Rate satisfaction levels 1-10 in each area to pinpoint aspects that may require attention and exploration.
- Choose 3 areas that are most at the moment and write a vision/goal in one sentence for each one.
- Next, think about how you get from where you are to where you want to be



3. Journaling Prompts

- Assess different life areas such as career, relationships, and health.
- Rate satisfaction levels in each area to pinpoint aspects that may require attention and exploration.

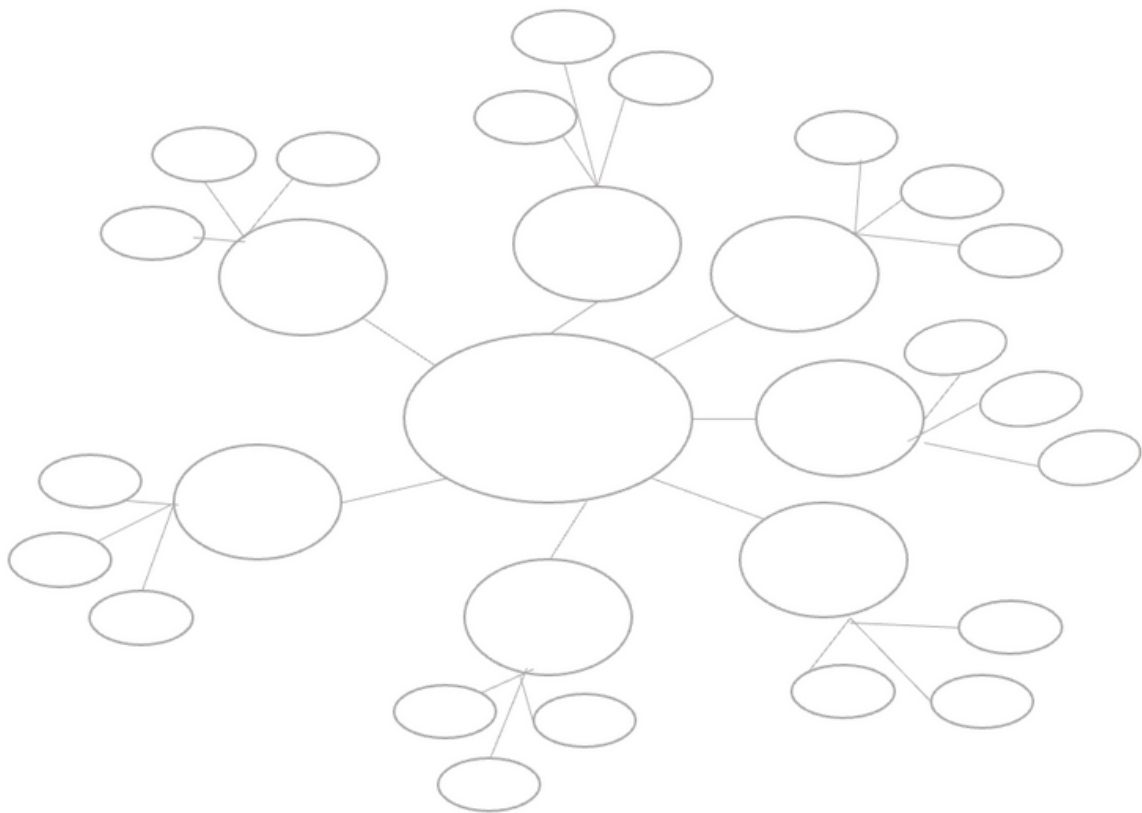
4. Vision Board

- Create a visual representation of goals, desires, and needs.
- Utilize images, words, and symbols that resonate with individual aspirations and values.
- Foster a tangible connection between personal visions and the pursuit of genuine needs.
- Example below



5. Mind Mapping

- Visually organize thoughts and ideas about various aspects of life.
- Write the central topic in the middle
- Then go around clockwise (starting at 12) and write down the first 7-9 words, that come to your mind, thinking about this topic
- Now start again at 12 o'clock position and think about your first association in more detail and write down three more descriptions



6. The 5 Whys Technique

- Systematically ask "why" about a particular aspect of life to uncover root causes.
- Drill down into motivations and needs by repeating the question.
- Reveal deeper insights into the driving forces behind desires and goals.

7. SMART Goal Setting

- Guide individuals through setting Specific, Measurable, Achievable, Relevant, and Time-bound goals.
- Connect these goals to underlying needs and values, ensuring alignment with personal aspirations.
- Provide a structured framework for translating self-discovered needs into actionable steps.

Irrespective of your current phase—be it in your professional or personal life—my programs are tailored to your individual needs. Let's get started together!

6. The 5 Whys Technique

- Systematically ask "why" about a particular aspect of life to uncover root causes.
- Drill down into motivations and needs by repeating the question.
- Reveal deeper insights into the driving forces behind desires and goals.

7. SMART Goal Setting

- Guide individuals through setting Specific, Measurable, Achievable, Relevant, and Time-bound goals.
- Connect these goals to underlying needs and values, ensuring alignment with personal aspirations.
- Provide a structured framework for translating self-discovered needs into actionable steps.

Irrespective of your current phase—be it in your professional or personal life—my programs are tailored to your individual needs. Let's get started together!