



This offer is for those who live through the end of a relationship or who want to live happily without a relationship.

Possible goals for break-up coachings:

Support during break up phases

- find comfort
- develop coping strategies for negative feelings such as hatred, grief, hostility
- letting go of a partner
- stabilize your self-esteem

Finding ways into your new life

- discover your personal goals and dreams
- revive your joy of life
- implement long-cherished desires
- to feel at ease in your own skin
- be happy without a partner