

into *your* *flow* COACHING



Flow guarantees peak performance on demand!

As an **actor**, you desire - and rightly expect - to infuse your performance and the character you portray with the greatest possible immediacy, uniqueness, dignity, authenticity, and magic.

To achieve this, you must skillfully navigate a delicate inner tightrope between powerful openness and the risk of profound vulnerability, allowing the character to come to life spontaneously.

It is extremely helpful to perform from the core - the inner "stillpoint" or zero point of your inspiration.

This stillpoint is the inner space where all your skills, potential, and unique magic are present and accessible.

To access this state, you must be able to precisely distinguish between inner impulses that originate in this stillpoint - helping you optimally create and shape the character - and those that create obstacles, forcing you to expend valuable energy just to maintain focus.

What if, at any moment, you could - unhindered and with your full energy - unleash this all-transcending force directly into your acting, right from that stillpoint?

Ideally, this happens through flow, without conscious effort on your part. That is how a charismatic performance is born.

That is when the magic happens!

I will show you which inner doors to open so that you can embody this magic and let it radiate from your stillpoint.

Ruth Scholtz

Energy, Presence & Authenticity Trainer
Coach & Consultant
Seminar Leader
Facilitation & Communication Trainer
Singer
Voice Teacher & Vocal Coach
Voice Trainer (CRT – Certified Rabine Teacher)
Lyricist
Holistic Health Coach
Meditation Teacher



Of course, all coaching content and matters are treated with discretion and confidentiality.

* Naturally, this text addresses everyone equally. For me, the individual always comes first, rather than group affiliation.

Feel free to get in touch for a free initial consultation at:

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