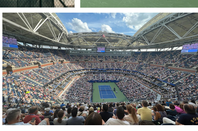
into your flow COACHING



Flow guarantees peak performance on demand!

Many aspects decide about victory or defeat.

You may have the best technique, be tactically excellent and be the best athlete – without flow you won't be able to access your maximum performance!

Because flow connects you directly with your intuition and consequently with all your skills.

Only this magical combination will lead you to victory!

Phase 1 → Phase 2 → Phase 3 → Result

Phase 1

Analysis and profiling

Phase 2

Energy and mental coaching, improved stress management and targeted tennis training

Phase 3

Controlling und mentoring

Ergebnis

Your peak performance on demand!

Through analysis, profiling, and mentoring we immediately uncover your obstacles and guide you, e.g., via energy and mental coaching, optimization of your stress management, and the resulting targeted tennis training directly into your flow.

Then we'll help you create and maintain your own flow.

With Into Your Flow-Coaching we'll take you straight there.

We are your successful developers:

Ruth Scholtz

Energy, presence & authenticity trainer

Coach & consultant

Seminar leader

Moderation and communication trainer

Meditation teacher

Holistic health coach

Singer

Singing teacher & vocal coach

Voice trainer (CRT – Certified Rabine Teacher)

Poet

Thomas von Oesen

Mental trainer & coach for sports psychology

Mental & hypnosis trainer

Tennis coach for competitive sports

Tournament director & head referee

Health coach, incl. for cardio tennis

Athletic trainer

Former competitive athlete

Science journalist & radio presenter

Diploma in electrical engineering

All content and concerns of the coaching are of course treated discreetly and confidentially.

* 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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www.into-your-flow.com

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