

into *your* *flow* COACHING



Flow guarantees peak performance on demand!

Naturally, you are familiar with both the fundamentals and the essential qualities that define top-tier **media professionals** - such as hosts, interviewers, and journalists.

Beyond thorough preparation regarding content, the best in the field distinguish themselves through intelligence, poise, and composure; fairness, inner independence, neutrality, and openness; as well as empathy, a high capacity for concentration, a quick grasp of situations, assertiveness, and rhetorical skills, and, ideally, humor, inspiration, and spontaneity. If you embody these qualities, you already meet the ideal prerequisites.

But what happens when an interview guest suddenly becomes aggressive or even abusive—causing an argument to escalate or leading to a direct attack on you - in short, when the unexpected occurs?

It is a nightmare scenario for many hosts. At that point, simply relying on what you have learned is no longer enough.

Now, it is absolutely essential to draw on a deep sense of poise, to handle the situation with confidence and agility, and to shape the atmosphere in a way that creates a positive outcome for everyone involved.

This ability is what sets the very best apart. Such situations hold a certain magic!

But how do you achieve this? Through deep confidence in your abilities, unfailing access to your intuition, and a clear understanding of flow. What if you could leave behind all the mechanisms that hold you back and - inspired by your intuition and guided by flow - navigate your hosting duties with ease and playfulness?

Through Into Your Flow-Coaching, I'll show you which inner doors to open in order to establish the necessary connection - enabling you to experience and share more of these unforgettable moments with the world.

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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