

COACHING

You have a life. Do you have the manual for it too?

The 90-day program for people ready to consciously shape their life – from the inside out.

[Book a free 30-minute call](#)

Choose the entry point that fits your situation.

01

1:1 Coaching

Focused & individual

When a specific point calls for a clear, decisive shift.

02

21 Days

Self-Awareness & Life Purpose

A focused start into honest self-awareness and a workable inner direction.

03

90 Days

Manager of Tomorrow – Now

The flagship program for lasting reorientation: awareness, purpose, manifestation and navigation as lived practice.

Two levels. One orchestrated path.

Coaching and SOL-Hypnosis work hand in hand – conscious work and work within the subconscious.

ALPHA (8 – 12HZ)

12 live-online guided coaching assignments

Clear tasks, reflection, and real-life application – guided step by step.

THETA

6 progressive SOL-Hypnosis sessions in the theta state

Change where patterns actually form – precise, not suggestive.

From self-awareness to navigation.



01 • WEEKS 1–3

Self-Awareness

Self-Assessment, Soul Activities,
Soul Questions, Top-5 Values,
Soul- and Life number, Energetic
Place



02 • WEEKS 3–5

Goal Clarity

Assets Reminder, Chakra
Evaluation, Ideal Day Creation and
New Energetic Signature
Definition



03 • WEEKS 6–9

Manifesting

Vision & Mission, Cleansing and
Transformation, Switch from
Wanting to Having



04 • WEEKS 10–12

Navigation

Beyond the Comfort Zone, Clarity
over Pressure, Think · Feel · Act
Alignment, SOL Self-Hypnosis

What changes, step by step.



Wealth, Health and Relationships realign

SEE IT VISUALIZED

→ [View the graphic](#)

→ [3D animation](#)

→ [Scientific background \(PDF\)](#)



Heightened awareness becomes the foundation – SOL-Academy™ remains optional as a space for continued practice.

Free. Confidential. No obligation. A first conversation makes clear whether, and which, next step makes sense for you.

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