



You have a life.

Do you also have the owner's manual?

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

→ *Browse on and discover*

Imagine this ...

You buy a brand-new TV. Your wife holds the owner's manual and asks:
"Should I read it out loud?"

You? Of course not — you just start trying things out.

Cable here, menu there, nothing works the way it should. Eventually she asks
with a smile: "Should I maybe just read through the steps real quick?"

You follow them — and suddenly the TV works.

That's exactly how it is with your life.

***Most people try to live their lives — without ever having received
the owner's manual for it.***

This is the program that delivers that manual.

Become the Manager of Tomorrow — Now.

A 90-days program in 4 steps :

1

Self-Awareness

Weeks 1–3 · Who are you really? Values, soul plan, current patterns — and the first SOL-hypnosis® sessions that dissolve deep-seated blockages.

2

Clarity of Purpose

Weeks 3–5 · Ideal vision in prosperity, health & relationships. Your personal vision & mission — lived, not just written.

3

Manifestation

Weeks 6–9 · Anchoring personal autosuggestions deeply. Action planning, Getting into ACTION.

4

Navigation

Weeks 10–12 · Living from the new awareness. Independence. Option: SOL-Academy™ — navigate and live passionately.

How we work:

Coaching (Alpha): 12 sessions, eyes open. 4-7-8 breathing start — coaching works deeper.

Subconscious (Theta): 6 SOL hypnosis® sessions, progressive.

What you receive:

After 21 days

Calm · Clarity

Deep patterns recognized and released. First tangible relief and clarity – about who you truly are and what you truly want.

Week 5–6

Lightness · Joy

A quiet new relationship with yourself. Lightness in the body, a gentle steady sense of happiness – from within, independent of external circumstances.

After 90 days

Still inner peace · Life flows

Quiet inner calm. Goals are achieved. People, opportunities and moments come together — as if on their own.

Your Investment

CHF 6.500

Single payment CHF 6.000

Month 1: CHF 2.500 | Month 2 + 3: CHF 2.000 each

Max. 6 clients at a time. Available spots on request.

Ready for your first conversation?

The free 30-minute introductory call is your first step.

No sales pitch —

An honest conversation about whether this program is right for you, right now.

This work is not for everyone.

It is for people who are ready to take responsibility for the answer — and the results.

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Stephan Beck · SBcompetence



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Before we start:

SOL Stillness™ Self-Assessment — 15 questions, 10 min.
at sbcompetence.com.

