

DARE TO BE AN ENGAGING HEALTH LEADER

With Body & Mind Self-Regulation (BMSR)

For health practitioners who want to feel fully confident, fulfilled & foster a healthy, inspiring & engaging work environment.

Health Leaders' Challenges

**72 % of
leaders are
stressed at
work**

**16% of
clients are
fully
engaged**

- Stress, workload and demotivation
- Difficult communication and dialogue
- Loneliness in a demanding environment
- Complex relationships and collaboration
- Disengaged clients

Our Signature Solution



Body & Mind Self-Regulation



Alexander Technique
& voice
with Géraldine



Executive Coaching
& Mental Fitness
with Anne-Laure

Our Innovative Advantages

- ✓ A unique approach in duo
- ✓ Simultaneous development of the body & mind
- ✓ Discovery of an unexpected new dimension of the self
- ✓ Targeted and practical exercises for immediate progress
- ✓ Learning of self-regulation for autonomous applications
- ✓ Reaching the serene state faster & with long-lasting effects

A flexible offer

Introductory
group workshop



Practical
group workshop



Personalized
individual support

- In small groups, in pairs, or individually
- Online or face-to-face
- In Switzerland, in France, or elsewhere

A simple and efficient process

Stressed
state



- Negativity
- Withdrawal attitude
- Tensions

BMSR

- ✓ Questions & introspection
- ✓ Proprioceptive development
- ✓ Mindset analysis
- ✓ New perspectives
- ✓ Goals & action plans

Serene
state



- Clear-headedness
- Balance
- Direction

Benefits for health leaders & clients

- ✓ Better management of stress, energy & negative emotions
- ✓ Increased clients' motivation & attractiveness
- ✓ Reduced negativity & disengagement
- ✓ More positive & productive environment
- ✓ Better quality of results

Confidence

- Self-consciousness
- Mindset & resilience
- Life Purpose

Communication

- Emotional Intelligence
- Public Speaking
- Relationships

Charisma

- Values & impact
- Presence
- Authenticity

Ready to dare? Contact us!

Géraldine Marmier

Zurich area

+41 76 226 77 73

www.studiobrunau.ch

geraldine.marmier@studiobrunau.ch



Anne-Laure Ninnis

Basel area

+41 78 420 48 73

www.annelaurecoaching.com

contact@annelaurecoaching.com