



one-to-one coaching

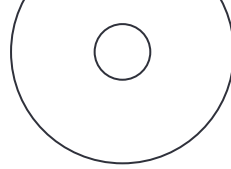
•CORPORATE•

# FACE YOUR CHALLENGE

Unleash your implementation energy

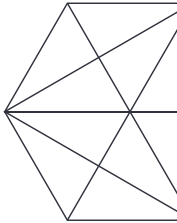


**KLITSCHKO** / VENTURES  
THE CHALLENGE MINDSET FACTORY



## **/ What is the purpose of this F.A.C.E. format?**

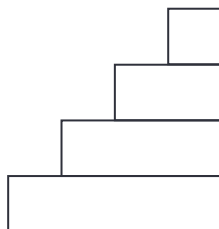
Corona has done a lot to us; it has challenged us a lot at work and also in our private lives. Are you still the driving force, and do you still have the vision and the necessary willpower to tackle and proactively implement it? What you need is willpower and mental fitness in order not to lose sight of your goal and to achieve it. With this coaching you will strengthen your Challenger-Mindset and regain implementation energy. You will work on yourself, your values, and your needs, as well as your mental strength and define your personal challenge step by step. With a FACE mentor at your side, you will proactively and create your NEXT YOU and your individual battle plan. This way you open the door to your future and become the moving force once more!



*#Focus #Vision #BattlePlan #Courage #Orientation  
#MentalStrength #Willpower #ChallengerMindset*

## **/ Who is this format for?**

Individual coaching is aimed at companies that specifically want to strengthen and support individual employees. Would you like your employees to be able to actively manage and creatively shape their everyday working lives again, with a strong Challenger Mindset and with sufficient willpower? Then FACE individual coaching is an optimal format for you.



## / Benefits for participants

- ✔ Participants become aware that they must be proactive about their challenge.
- ✔ Participants can define their challenge very specifically.
- ✔ Participants learn to live and act on their values and needs.
- ✔ Participants develop their battle plan for their individual challenge.
- ✔ Participants gain willpower and prove implementation energy.
- ✔ Participants can integrate the new tools and routines into their everyday life.

## / Module overview

Session 1	Session 2	Session 3
<b>ONBOARDING</b>	<b>FOCUS</b>	<b>AGILITY</b>
<b>What's on your mind?</b> <i>Define collaboration</i>	<b>What do you want?</b> <i>Define challenge</i>	<b>How are you going to do it?</b> <i>Create battle plan</i>
Session 4	Session 5	
<b>COORDINATION</b>	<b>ENDURANCE</b>	
<b>With whom and with what?</b> <i>Orchestrate your network and environment</i>	<b>How do you persevere?</b> <i>Analyze and integrate habits</i>	

## / Detailed information

Cost: **EUR 1,450**

Duration/Time investment:

5 coaching sessions, 60-70 mins, start any time

Online or offline

Make an individual appointment with a coach

*Optimal combination:*

5 FACE sports units (60 mins each) to strengthen body and mind or mental and physical fitness. Cost: EUR 850



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