



one-to-one coaching

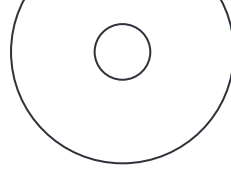
# FACE YOUR CHALLENGE

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Unleash your willpower

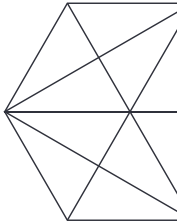


**KLITSCHKO** / VENTURES  
THE CHALLENGE MINDSET FACTORY



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

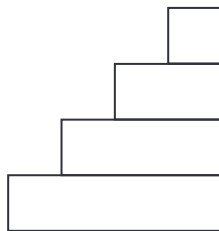
Corona and its consequences have affected us a great deal. It cannibalizes your energy, and it eats up your future plans. In other words, it makes your life difficult. Corona acts like an inescapable gravity that pushes you to the ground. What you need is willpower. What we offer you is a unique format to work on yourself, your values and your needs while you find your next personal challenge. With a FACE mentor at your side, you proactively create your NEXT YOU and recharge yourself emotionally and rationally. By doing so, you open the door to your future and become a driving force once more. It is your life!



*#Focus #Vision #Self-discovery #Courage #Orientation  
#MentalStrength #Willpower #ChallengerMindset*

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

One-on-one coaching is for people who want to actively start on their future again, who need orientation, want to tackle a new challenge, or want to unlock their NEXT YOU, the next version of themselves. It is aimed at everyone who wants to escape this Corona gravity. No matter if you are a manager, student, founder or simply as a private person – as a human being.



## / Your benefits

- ✓ You are aware that you need to take a proactive approach to your challenge.
- ✓ You can clearly define your challenge.
- ✓ You learn to live and act according to your values and needs.
- ✓ You develop your battle plan for your personal challenge.
- ✓ You gain willpower and prove implementation energy.
- ✓ You can integrate the new tools and routines into your 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 possible online or offline  
Individual appointments with a coach

*Optimal combination:*

5 FACE sports units (60 mins each) to strengthen body and mind or your mental and physical fitness

Cost: EUR 800



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