

# Walking with Erik

## COACHING

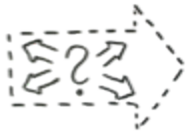
CONSCIOUS  
WARMHEARTED  
GROUNDED

MANY OPTIONS  
3-5 day retreat  
On site  
Via Skype

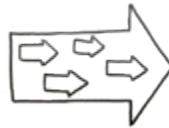
### VISUAL



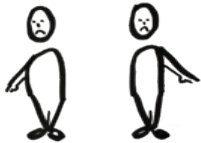
Life challenges



Team dynamics



Project & business  
excellence



Relationships



**CREDENTIALS** Certified business coach (ICF); Certified visual coach (Shift-It) .

Master & MBA in business administration; senior executive positions in banking industry; EU official (Commission, ECB); International project management assessor; NLP master; Reiki practitioner; trained shaman.

**LIFE EXPERIENCE** Father of four, overcame personal life crisis, long residence in 7 countries, lives and works in 4 languages, marathon runner (14 so far).

**VISION** Enabling individuals and groups to live consciously and tap into their highest potential.

**JUST TRY IT!**



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### MINDFUL

- ✓ Your process is graphically recorded on large scale maps
- ✓ You have a clear sense of 'where from' and 'where to'
- ✓ Pictures are taken all along as part of the visualizing process
- ✓ You harvest, in a traceable form, a unique set of information about yourself
- ✓ You deepen and speed up your possible shifts
- ✓ You visualize your goal, your resources and your path

- ✓ You are supported to ground yourself in the here and now
- ✓ You learn how to use your senses to be more in line with your intention and goals
- ✓ You learn to quit the auto-pilot and increase your freedom to decide
- ✓ You use your intuition and differentiate it from your free will
- ✓ You stop downloading outdated certainties and develop your ability to tune into your highest potential

### INTEGRAL

- ✓ You explore the physical, emotional, mental and spiritual dimensions in relation to your goal
- ✓ You tap into our unique and very extensive toolbox and life experience
- ✓ You get multi-perspective feedback
- ✓ You access both indoor and outdoor coaching
- ✓ You decide how much sport, meditation, nature, cooking, etc, are part of your coaching process

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