



WE ARE...

people with different professions in counselling, social, therapeutic and creative fields sharing many years of common self-experience in various psychological and spiritual enquiry processes.

Our insights, vitality and joy gave rise to the desire to concretely support other people in their sense of connectedness and to develop common perspectives.

As an external form for this, we founded the association "Spirit of WE e. V.". WE-Coaching is a non-remunerated activity within the framework of our statutes.

WE Coaching from Me to WE

WE

SPIRIT OF WE e.V.

Contact

Joachim Armbruster / Thomas Fleck
Tel. +49-171-3847046 / Tel. +49-1578-9543749

Nigerstraße 4
81675 München, Germany

info@spirit-of-we.org
www.spirit-of-we.org

WE-COACHING

supports people and groups/teams on their path to We-Consciousness, resilience and altruism.

WE COACH PEOPLE ON THE TOPIC: “FROM ME TO WE.”

- Dealing with crises in the area of conflict between “ME and WE”
- Seeing own potential in this context
- Recognising and realising the need for it
- Coming together to a fulfilling WE
- Responding to the needs of the time
- Developing a strong WE for a common future

WHAT DO WE OFFER?

- Helping people to help themselves (no advice)
 - with appreciative inquiry
 - respectfully without criticism and judgement
- Inviting to review received feedback
- Encouraging awareness and self-reflection
 - by listening, reflecting, deepening, expanding
 - including steps to transfer into practice

HOW DO WE DO THAT IN CONCRETE TERMS?

moving from the problem to the real issue

- going into depth on the basis of symptoms
- coming from thought to feeling
- connecting perception with heart wisdom

understanding the process behind the issue

- clarifying needs
- feeling resonances
- experiencing acceptance
- nourishing traces of joy

exploring points of change

- listening to different perspectives
- finding solution-oriented answers
- allowing openness to new experience
- developing possible change

learning from crises and embracing chances

- developing perspectives together
- seeing “mistakes” as chance and potential
- inspiring steps for implementation