



**Christian Molnar**

Be the happiest you can be!

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## **STRENGTHEN YOUR PERSONAL RESILIENCE AND FIND YOUR INNER BALANCE !**

**\* \* \* SPECIAL OFFER \* \* \***

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### **Are you dealing with ...**

- stress and stress related issues
- sleeplessness
- indecisiveness
- overweight
- or other challenging personal or job-related circumstances ... ?

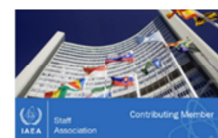
### **Let us find your personal way of ...**

- recognizing sources of stress in your life
- avoiding or better dealing with stress factors
- getting aware of resources and making them available again
- looking at situations from a different perspective
- using basic stress management and relaxation techniques
- improving your physical and mental well-being

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### **10% discount - Exclusive offer for contributing members of the VIC STAFF Associations/Unions**

- 60 minutes coaching session: **90€**
- 90 minutes coaching session: **135€**  
(Discount also valid for family members and partners)



I am a certified coach (trained according to ICF/International Coach Federation Guidelines) using various coaching as well as mindfulness based stress reduction and meditation techniques. I am also trained in crisis intervention and hypnosis.

Please find more information on my website: <http://christianmolnar.at>