



"Man is the being who always decides what he is." - Viktor E. Frankl



Finding what really matters - meaning-oriented counseling according to Viktor Frankl

Many people come to me when they feel that something essential in their lives is out of balance. Typical issues that my clients deal with:

- **Challenges in family life:** The relationship with the children is strained or distant.
- **A feeling of constant stress:** Life seems overwhelming - there is a lack of clarity, lightness and inner peace.
- **Overload & conflicting decisions:** Between career, family and personal desires, you are in danger of losing yourself
- **Relationship issues** How can a sensible path be found?

1:1 Sessions

- **1:1 session for adults** (60 min) – Euro 120 net, (regular 150)
- **1:1 session for teenagers** (45 min) – Euro 80 net, (regular 100)

Decide between walk & talk or regular session.



I also help young people to believe in themselves again.

Especially in phases of upheaval, when orientation is lacking or self-doubt is rampant, meaning-centered support can open up new perspectives:

- **Who am I** - and what is really important to me?
- **Where can I find support** - when I lose faith in myself?
- **Which next step really feels right?**

In my work, I am guided by Viktor E. Frankl's logotherapy and existential analysis - a profound but practical method that allows people to live in a self-determined and meaningful way - even (and especially) in difficult times.

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