

Dr. Lille Springall

My Holistic Coaching Group – «Live Your Best Life Group»

BENEFITS

- ❖ Gain clarity and focus.
- ❖ Help you to make important and complex life/career decisions optimally.
- ❖ Clear inner blockages
- ❖ Improve self-confidence.
- ❖ Find better alignment and balance.
- ❖ Create a clear action plan to take you from where you are right now to where you would like to be.

Co-creative & individualized, empowering, transformational, proactive & action-focused

Tue, August 27, 9-13h
Tue, September 24, 9-13h
Tue, October 29, 9-13h
Tue, November 26, 9-13h
Tue, December 10, 9-13h

Location: **ETHZ**
PhDs & Postdocs Welcome

