

# GROUP COACHING ETH ZURICH



**BEATRICE SIGRIST** PH.D., PCC, SEP



- BRING YOUR FULL SELF
- FIND SUPPORT, EASY NEXT STEPS, ROLE PLAY, INPUT & INSPIRATION
- IN BETWEEN SESSIONS: PRACTICE, PRACTICE & REWIRE YOUR BRAIN

GOAL: TO GET UP SKILLED & CONFIDENT

KICK OFF **APRIL 23rd 9-1** ETH; MORE DATES TBD TOGETHER  
1 SESSION JOINTLY WITH GROUP OF LILLE SPRINGALL, PH.D.