



Introduction
Coaching in the Empty Room

The **EmptyRoom** offers a coaching for people who want to work on with themselves in their own authentic way.

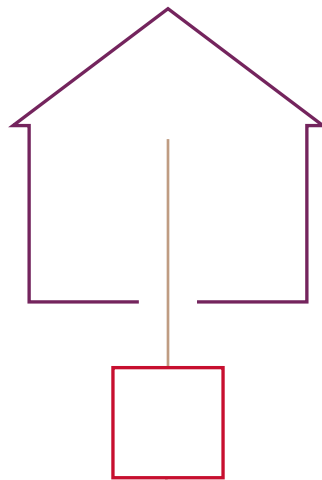
In the course of the coaching, you will live your inner voice more and more intuitively. This will manifest itself as a harmonious life balance. The basis for this coherence is recognising the individual composition of your inner contentment. You will get to know the components of your inner contentment and their weighting by intuitively living out your inner voice more and more. The cycle of your being closes, you experience it, recognise it, sense it, grow and transform in and with it.

The **EmptyRoom** positions itself as a supportive and meaningful companion in this process. Since it is a process, time plays an important role. All those interested in this concept should bring along leisure and the joy of observation. The coaching imparts specialised knowledge, which is deepened in nine practice units. Everyone can decide for themselves the time frame in which they would like to carry out the practical units.



Life House

The **LifeHouse** represents each and every one of us. The **LifeSpaces** in it are the functions and roles we take on in our lives. By filling the **LifeHouse** with the **LifeSpaces**, we become aware of the roles and functions we have in our lives.



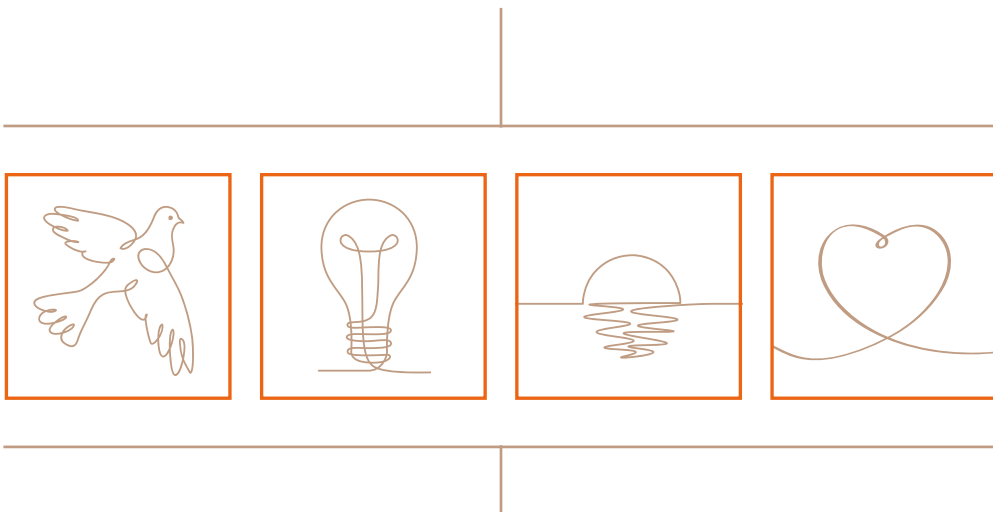
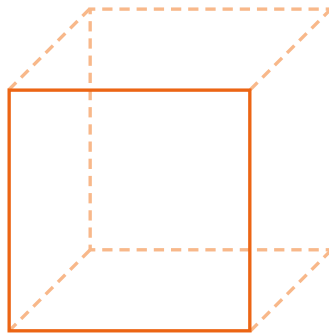
LifeSpaces



different LifeSpaces

EmptyRoom

There are two other rooms in the **LifeHouse**. One of them is the **EmptyRoom**. This room is really empty at the beginning of the coaching and should be filled with emotions that have a strong positive or negative expression. They have to be clear. This is another reason why materialisation takes place here. The emotions should be shown through pictures or colours or writings.



different emotions

The **LifeHouse** with its **LifeSpaces** and the **EmptyRoom** are my conceptual approaches, which I combine in the second step with two instruments that I got to know during my training as a systemic coach.

The instruments

System laws



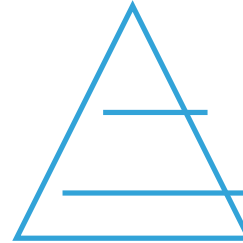
10 system laws is a neutral measurement tool for the quality of interpersonal interaction. We interact in systems, whether in a family, professional or social context. The 10 laws support in a neutral way how we can best interact with each other to maintain our own system while respecting the other systems.

1. Belonging to your own system
2. Mutual recognition, appreciation and respect
3. Right to a balance of give and take
4. Earlier has priority over later
5. Greater responsibility / greater obligation has priority
6. More expertise / more knowledge has priority
7. New system takes precedence over old system
8. Overall system has priority over individual or partial systems
9. Expressing and acknowledging what is happening
10. Creating balance

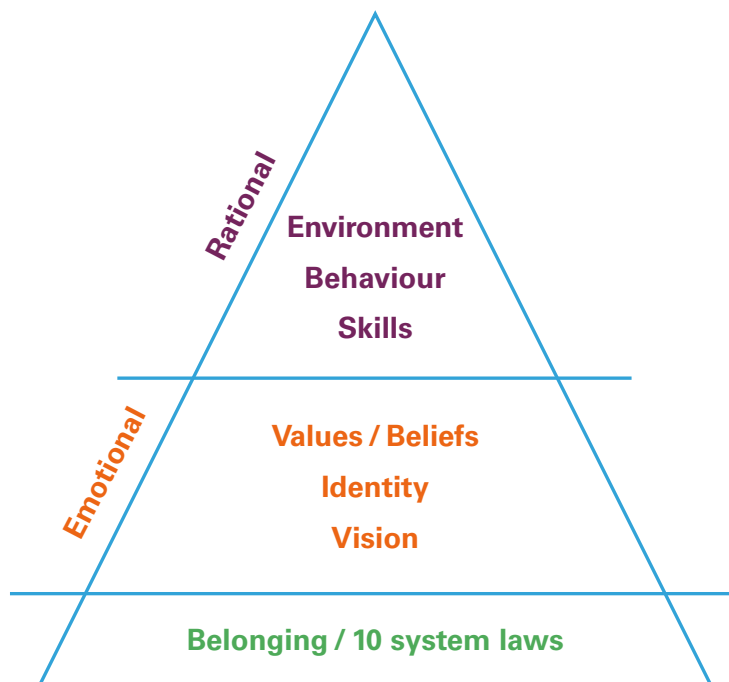


The instruments

Levels of change



Levels of change is a tool that enable us to look at **LifeSpaces** from different perspectives. Six different perspectives can be taken on the chosen **LifeSpace** – of course on the entire **LifeHouse**.



The mental link with the **10 system laws** sets in motion the sensitisation for one's very own authenticity.

Your **EmptyRoom** will change, grow, blossom – you will change, grow, blossom authentic ...

And last but not least

Concierge

In the second **EmptyRoom**, I move into your **LifeHouse** as a concierge, if you wish.
I am available via email, video / telephone call or in person. If desired, I accompany the process and I am available to answer questions by sharing my knowledge.

