



What could a standard walking coaching trajectory look like?

**** Getting acquainted during a walk or talk: we will check if we have click and look at your request for help.***

1. ***Mindful walking:*** you will learn some basic mindfulness-exercises
2. ***Listening:*** you listen to nature and I listen to you
3. ***Seeing:*** what do you see, what do I see?
4. ***Smell/taste:*** taste your life during this walk
5. ***Feeling/energy:*** how do you feel halfway through?
6. ***Thinking:*** walk and learn more about observing the mind
7. ***Space:*** seeing space, taking space, setting boundaries
8. ***Time:*** about rhythm, priorities, planning and time-management
9. ***Movement:*** from A to B with intermediate steps
10. ***Closing and evaluation***

Costs:

- *Free intake. If we don't click or you don't feel like walking down this road, that will be it and it will cost you nothing more.*
- *Intake + 5 times walking coaching: 480 Euro (incl. VAT, private tariff).*
- *Intake + 10 times walking coaching: 750 Euro (incl. VAT, private tariff).*
- *A longer coaching trajectory is possible if needed. Ask for a tailor-made offer.*

Payment for the first 5 sessions is due before the first walking appointment. Payment for 10 sessions can be done in two parts, prior to walking sessions number 1 and 6.