

Talent Your Self

Talent your Self promotes self-perception and is designed to enhance our attention and self-awareness so that we can live in harmony with our needs.

Through attention training we learn to recognize our dissatisfaction and to perceive our wishes. Because only when we can perceive ourselves, we are able to tackle change processes.

At the beginning, challenges and obstacles are described and observed, with which feelings and everyday situations they are connected. Using various methods, we then work out steps to actively recognize these moments and consciously transform them.

Case study

Challenge:

Berta felt unmotivated, weak and frustrated. Her permanent lack of energy prevented her from doing her own things, which further increased her dissatisfaction.

The way to the goal:

In an initial interview, two important dynamics became clear as the cause of Berta's lack of energy. On the one hand, she had qualities of a highly sensitive person, who quickly became too much in situations with many people or a high noise level. She could not protect herself from external influences and was quickly overwhelmed. Secondly, Berta was very empathetic and helpful. She enjoyed taking care of others but at the same time it was difficult for her to set herself apart, to listen to her own needs and to say "no" without feeling bad.

In the first session Berta learned to consciously recognize when it became too much for her and how she could put herself in a state of rest. In order to be able to maintain this in her everyday life she was given some exercises as daily training. In the following sessions we explored how her behaviour patterns were shaped by old childhood beliefs. Through a combination of talking therapy, touching the nerve centres, a variation in breathing and meditation, it slowly became clear what the origin of Berta's resistance was to say "no". It helped Berta recognize when her old behaviour pattern was triggered and how she could break it.

Results:

Berta learned to listen to her needs, to take the necessary space when she needed it and how to put herself in a state of rest. This released her unwanted tension and led to a balanced energy balance that allowed her to take control of her own things again.