



...accompany, train, coach

Lilly HOENCK-LIETZ

18, rue de Betzdorf · L-6951 Olingen

phone +352 621 270477

email lilly.hoenck@mindcare.lu

www.mindcare.lu

- Organizational consulting
- Communication and conflict management
- Stress management and resilience
- 360° Coaching
- Mental Fitness and Hypno-Coaching

You can't stop the waves – but you can learn to surf



If you are a company or an institution, I offer

Organizational consulting: If the “human factor” plays too much and performance risks to stay static, I analyze the situation to find out the reasons and propose further handling options.

Training:

Communication and conflict management. One of the most important skills in daily life is communicating in a respectful and nonviolent way and being able to manage conflicts in view of constructive solutions.

Resilience and stress management in teams transfers the human energy into performance. How teams can manage their stress in a constructive way and how they get resilient is the target of this training.

Coaching:

Want to live a self-determined life? According to your needs and goals?

I’m the right partner for you, if you find yourself in a change process whether in business context or in private life and if you seek professional support.

Being in your own mental force:

Mental Fitness and resilience are key skills in daily life. I coach you to build up your mental strength and to keep it – in private, school or business context.

If you are smoking, have overweight, cannot sleep, are scared to fly, are scared in tests and exams or if you feel triggered by emotional baggage – then **hypno-coaching** may be a real approach for you! Lots of clients confirm it.

Self-development/training: Mentally fit and resilient in daily life.

For further details, please go to **www.mindcare.lu**

*Thanks for calling me to fix an appointment or if you need further information.
Looking forward to a faithful cooperation where absolute confidentiality is self-evident.*