

AKTIVE RESILIENZ AUS DEM PROFISPORT

Nadine Rass
Mind • Nature • Sports

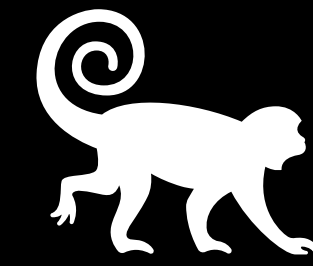
HOW TO CATCH
YOUR MIND MONKEYS



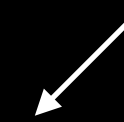
Our next
FOW Klassentreffen
is here:-))

ATTACK
RUN AWAY
FROZEN





monkey town



KOGNITIV

WHY - MINDproblem

VISUELL



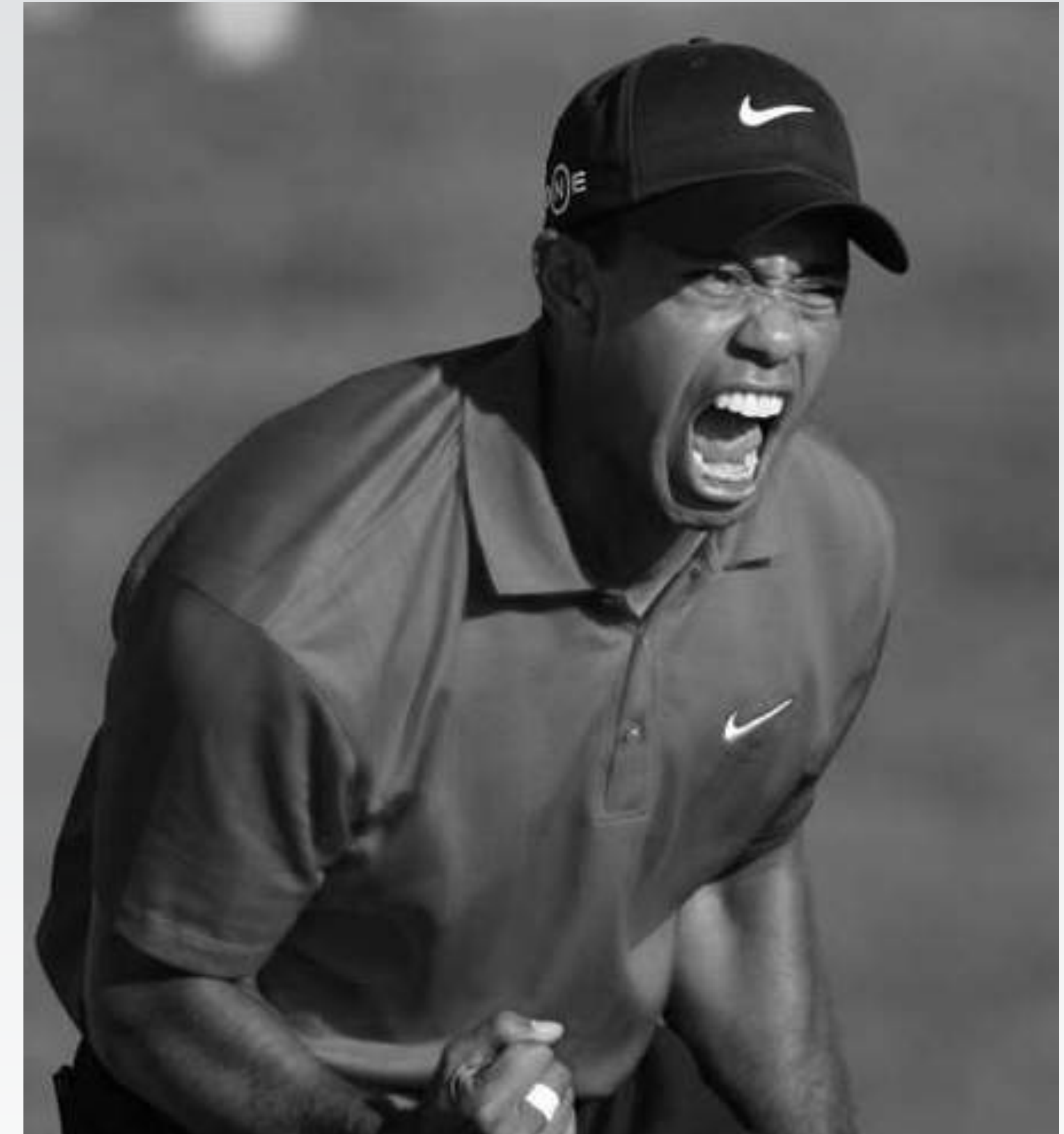
TAKTIL

FEEL - BODYsolution

PERFORMERS
DONT TALK ABOUT
DO IT
EIGENVERANTWORTUNG

„Don't THINK about movement - start to MOVE“

Nadine Rass, European Ladies Tour Professional, Master Resilience Trainer



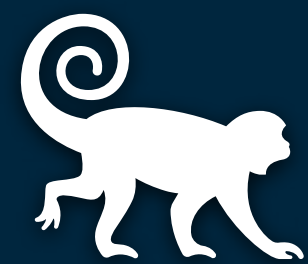
NUTZE DEINEN KÖRPER ALS STRESSVENTIL

NERVUS
VAGUS



30
SEC

SIP ICE WATER
IN AKUTEN STRESS MOMENTEN
DIAGONAL TAPPING



YOUR MUOP URGENT OUT PLAN

Nadine Rass
Mind • Nature • Sports

REALIZE

JETZT Moment
ja, ich bin ...

FEEL wo in
deinem Körper

WORDING

STEP OUT

Geh weg
Let monkeys go

HUMOR

MOVE

schütteln
Arme schwingen
8er Figur
prog. Muskel

SQUEEZE

BREATH

f -laut aus
tiefe Atmung
Brustbein up
Here I am Pose

BALANCE

RELAX

30 sec
Eiswasser
diagonal tap
on/off

BREAK

CONVINCED
GO

Entscheidung
Neuer Gedanke
Fokus
Just DO it.

CHEERS



REFLECT THE MOMENT OF EXCELLENCE

YOUR FOLLOW UP

ONLINE PERSONAL COACHING

MIND SET RESPIRATION RELAX

YOUR INDIVIDUAL RESILIENCE SUPPORT WITH YOUR COACH
REMOTE AT HOME - JUST FOR YOU.

APPOINTMENTS ON REQUEST
WITH RESERVATIONCODE FOW0522

8 WEEKS PROGRAM € 1890,-

BOOK NOW

www.nadinerass.com

