



Five Steps®

Coaching - Training -
Team & Unternehmensentwicklung

Client Testimonials

Five Steps clients describe their challenges before beginning the Five Steps Coaching training:

"For a long time we had high growth and real goals in our division. Today everything is stagnating and we are under extreme cost pressure. It's not fun anymore to get up and spend another day in this mine of problems. Life has become very serious."

"There is an extremely heavy workload in the company and we're running just to keep up. But there is no end in sight - things are actually speeding up."

"My job is really exciting. It takes a lot of my time and my family suffers. Normally I don't think about it. I don't expect my family to help me reach my goals at work but I would like them to be more understanding. After all, I'm doing it so that we can have a good life."

"My colleagues are only looking out for themselves. I have to be careful what I say. It's like working in a shark pool."

"I have the impression that the company is lacking in long-term vision and we're only covering it up by being permanently busy. The reasons behind many things are just not questioned anymore."



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"My friends used to call me up to do something together or just to ask how things were going. At some point that just stopped. Today I do almost everything with colleagues from work - my old friends are off my radar."

"We (my partner) no longer share our thoughts, ideas and dreams like we did before. When we do talk then it's mostly about trivial things."

"Often the smallest things trigger family conflicts that go on for days. It's like a never-ending cycle that I don't know how to stop."

"My children barely manage to mumble hello when they see me. When I ask them something, I get only a grumbled answer or no answer at all."

"When I'm asked for my opinion I say what people want to hear and not what I really think. I want to avoid useless discussions and conflicts"