



Five Steps®

Coaching - Training -
Team & Unternehmensentwicklung

Satisfied clients who have completed a Five Steps Coaching Training have this to say...

"I experience more true harmony and happiness, joy, sensuality, love, connectedness, openness, respect, feelings of security and lust for life."

"Since the Coaching Training with Five Steps, I know what is truly important and what motivates me - I'm no longer running after some future hopes, promises or goals, but rather, do what needs to be done in the moment and enjoy my life. The fear that I can't keep up my standard of life has turned out to be completely superfluous."

"The conscious and caring interactions have enlivened and deepened my friendships and the relationships with my employees."

"Every day I discover new keys that I was given during the training, it's fascinating - Thanks."

"The job satisfaction of my employees has grown tremendously since I realized how important relationships are in reaching our goals - and I've developed the competence to consciously improve them."

„I'm still with the same company, in the same job but EVERYTHING has changed."

"It's amazing how the work with Five Steps has had an effect on our family - the children are drinking in this supportive attitude from us and have become noticeably more relaxed and confident."



Five Steps®

Coaching - Training -
Team & Unternehmensentwicklung

"The realization and the experience of the BOX has given me peace and independence, lightness, but also respect for both myself and others. Knowing about the box and the resulting third position gives me an overview of that which is. At the same time I am aware of my own boundaries."

"I take on more responsibility at work now, with pleasure."

"Self-determination, composure, openness, loyalty, competence, communication, connectedness, reliability, development, engagement, wisdom, success have become more matter-of-fact."

"Since discovering my heart and its corresponding attitude, I can lead myself and my employees better."

"The awareness of how the box functions allows me to be more constructive and flexible with my behavior and communication. I feel freer through the realization that I have a choice."

"Heartfulness, awareness and humor have made it possible to have more fun with friends and colleagues. I can offer more lightness, joy, openness, loyalty, tolerance, constructive communication, acceptance, diversity, respect, flexibility and generosity."