



I have a PhD in Biology and many years of professional experience in basic biomedical research and clinical research within the pharmaceutical industry.

I have successfully managed my own challenging personal and professional experiences, including burnout. The lessons I have learnt from these experiences have enriched my life and contributed to my personal development.

Through my training as a hypnosis coach and other further training courses, I have learnt how to help others.

You can now benefit from this.

#### **Advantages for self-payers ...**

- ✓ Anonymity
- ✓ Short waiting time
- ✓ Bridging the gap to health insurance-funded therapy
- ✓ No bureaucratic effort
- ✓ Can be deducted as an 'extraordinary burden'.

## **Mental Balance Coaching**

- ✓ In case of special challenges in life (e.g. burnout, separation, grief)
- ✓ In case of anxiety of exam, presentations, height, flying, animals, etc., or in general, any fear of failure.



### **Hypnotherapy**

online or in person

### **to regain your mental balance**

**Sabine Daufeldt, Ph.D.**

Non-medical practitioner of psychotherapy

T: +49 (0)171 99 51 71 0

E: [info@mental-balance-coaching.de](mailto:info@mental-balance-coaching.de)

I: [www.mental-balance-coaching.de](http://www.mental-balance-coaching.de)

Appointments by arrangement

Sitzungen auf Deutsch sind natürlich möglich;  
eine deutsche Version dieses Flyers ist verfügbar.

## Hypnosis ? But not me ....

- Has your emotional balance been disturbed?
- Would you like to regain your equilibrium?
- Would you like to experience life's lightness and fullness again?

Life can sometimes present challenges that can upset your mental equilibrium. In such cases, you have two options: you can either be overwhelmed by them, or you can learn to deal with them, which is better.

The technical term for this ability to react flexibly to challenges is resilience.

The hedgehog is a symbol of resilience.

Have you hunkered down because your life, purpose, or values seem to be under threat? You may also be suffering the consequences of no longer living the life you want in this state. The big question, however, is how you can regain the confidence to experience your full potential again.

Your subconscious already knows how to meet your deep-seated emotional needs, and they are waiting to be discovered and addressed.

Drawing on my scientific background in hypnosis, empathy and life experience, I aim to guide and support you on your journey to finding your own solutions.

## - Or just do it after all ?

Hypnotherapy is different from stage hypnosis. In fact, it is a valuable and effective method for dealing with psychological burden.

I offer suitable and individual

### Coaching

- to help you overcome anxiety or stressful experiences that have upset or are still upsetting your mental balance;
- to help you find your way again, relax, participate in and enjoy life and take control of your destiny.

This can be used as an independent therapeutic approach or to complement therapy from other practitioners.

Hypnosis is possible not only in person, but also online — unbelievable, but true.

If you have any questions, I will be happy to answer them.



### Exclusion:

Medical causes and psychiatric illnesses may only be treated by medical practitioners, psychotherapists and, with restrictions, alternative practitioners for psychotherapy!