



Are you facing a Job Change, employment Transition or do you simply want to build resilience

- **1st suggestion - keep a positive attitude toward life and adjust your perspective**
Begin with yourself and assess your cognitive flexibility toward change and uncertainty.
- **2nd suggestion - stay socially and professionally active**
Sign up for motivational or lifestyle workshops in Health, Fitness, Attitude and Behavior. Become more active and join the activity group - jogging, walking, outings or discussion.
- **3rd suggestion - identify and implement your new life plan**
Unlock the real you - individual or group executive coaching and career management services.
Make use of fully equipped work places to suit your transitional needs in Lausanne vicinity (3 min from Motorway exit, Parking free) and Fribourg (5 min walking from Train Station, public Parking available).
Highest flexibility and utmost discretion guaranteed.
- **4th suggestion - make it happen**
Call your coach +41 79 734 98 86.

