


wingwave[®] **Short-term coaching**

How does **wingwave** work?

The wingwave - method works with a basic intervention: while the person is awake it creates a REM-phase (Rapid Eye Movement) which humans normally experience only during night time dream sleep. During this "awake" REM phase coaching relevant stress triggers (thoughts, experiences, emotions) are regulated in that part of the brain handling and processing emotions, the limbic system.

Wingwave is not psychotherapy and is no substitute thereof.

Range of application

Wingwave is successfully applied with the following focuses in the fields of business management, competitive sports, pedagogy and didactics and health as well as by artists:

Regulation of Achievement-Stress (PAS = Post-Achievement-Stress)

Regulation of stress in areas of tension in a team, with customers, in the spotlight-stress or in the case of "rabbit punches" on the way to your objectives or in the case of physical stress such as lack of sleep.

Resources Coaching

In this case, interventions are employed for success issues like increasing creativity, positive self-motivation, self-perception coaching or visualisation of goals for a mental preparation of top performances.

Belief-Coaching

Clients are made aware of performance-limiting beliefs which are then transformed into resource beliefs. Of particular importance is the finding of "euphoria traps" within the subjective experience, which can in the long run cause a deep uncertainty of the personality. The aims are emotional stability and personal beliefs which can withstand mental stress.

Your Contact

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For more information see: www.wingwave.com