



**ASTRID LOHNES**  
living lightly

## SERVICES

You can book single coaching sessions or choose from coaching packages.

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### SINGLE COACHING SESSIONS · 1h · € 150,-

#### LIFE COACHING & WOMEN IN BUSINESS EMPOWERMENT COACHING

Change your everyday life, master private and professional challenges and relationships and transform from inside out. Get targeted, hourly support to regain your strength and find your way back to a life in ease and joy.

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### COACHING-PACKAGES

#### LIFE COACHING & WOMEN IN BUSINESS EMPOWERMENT COACHING:

#### TROUBLESHOOTING-PACKAGE · 3 x 30 min. (within 3 weeks) · € 225,-

Do you quickly need help for an acute problem?

#### ANNUAL PACKAGE · 5 x 1h (within 12 months) · € 600,-

You want to change your life sustainably and are ready to take your time? In the annual package, I accompany you on topics that are important to you. You set the pace.

#### INTENSIVE-PACKAGE · 8 x 1h (within 4 months) · € 900,-

Whether privately or professionally, you want to steer your relationships in new ways. You learn how to free yourself from the recurring dramas and conflicts and how to transform relationships into sources of strength.

#### EMPOWERMENT-PACKAGE · 8 x 1h (within 4 months) · € 900,-

There are certain situations in your professional life where an intensive fear spreads throughout your body, a fear that you otherwise do not experience. Or you have been dealing with fears for a long time that prevent you from getting into your strength and living your full potential.

#### EMPOWERMENT PACKAGE ACUTE · Number of hours and price by agreement

A concrete meeting, an event or a presentation is coming up for you where you want to be fully in your power. You will learn to release your fears, keep calm, stay connected with yourself and to master the situation with joy.





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## HUMAN DESIGN – recognize yourself!

**DETAILED HUMAN-DESIGN-ANALYSIS** • 2h • € 240,-

You will receive your body graphics and get to know your energy dynamics and thus what brings you into your strength and what it is that takes your power away. Your design reveals your basic nature, your preferences, traits, strengths, challenges, abilities, dynamics and built-in „chemistry“. You will know what makes you unique, your strategy for success, you will learn how to make decisions that support your fulfillment, where difficulties are possible and how they can be transformed.

**HUMAN DESIGN COACHING PLUS 2 FOLLOW-UPS** • 3 x 1h • € 395,-

We go into fundamental aspects of your body graphics and your energy dynamics, highlight individual aspects that are of particular interest to you. Possible topics: Your central role in life, constantly feeling worked up or burned out, emotional instability, difficult relationships - finally perceiving your family or partner differently, inner areas of tension etc.

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YOUR LIFE IN LIGHTNESS –  
HOW DOES IT LOOK LIKE?  
HOW DOES IST FEEL?

