

How I work

My approach is **solution-based** and practical. There is space for both dreams and reality check. In contrast to consulting I don't provide the "right" answers but empower you to take the decisions that are right for you.

Working from a **broad methodological base** enables me to find the right approach to suit your personality. Together we tailor the frequency and amount of the sessions to meet your requirements.

Usually the sessions take place at my **location in Wetzikon** but depending on your needs I can offer coaching over **skype** or by **e-mail** exchange. If you are more of an outdoor person I also offer «Walk with the Coach»-sessions.

Knowing how difficult it can be to find time especially with small children, you are welcome to bring them along.

Why me?



MIRJAM EGLI-ROHR
CERTIFIED PSYCHOLOGICAL COACH
MAS, IAP

I'm a professional life coach

- trained at the University of Applied Psychology in Zurich (Master of Advanced Studies, IAP)
- more than 10 years of work experience in personal development for Giger Consulting&Training GmbH (www.giger-training.ch)

I'm fluent in English (family language), I'm Swiss and I feel "international":

- daily contact with English speaking foreigners
- integrated into an English speaking expat community for more than 10 years

I'm an experienced teacher:

- almost 20 years of experience in the Swiss system on all levels
- teaching experience in England and at an international school in Zurich

I'm a mother of two, married to a Swiss who specialises in Swiss employment law.

For more details, see my website.

Is this you?

I came to Switzerland because of my partner but I miss my old life at home.

My children are in the Swiss school system but I don't really understand how it works.

I'm looking for a professional life coach who is fluent in English and understands my situation.



There are these little misunderstandings and odd situations in my daily life. I don't really understand how the Swiss "tick".

I don't feel at home in Switzerland.

How can I integrate and nevertheless keep being myself in Switzerland?



COACHING LOUNGE
MIRJAM EGLI-ROHR

Empower yourself!

www.coaching-lounge.ch

Schwalbenstrasse 65, 8623 Wetzikon
☎ 044 - 972 18 73, info@coaching-lounge.ch

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your situation

You are living **in Switzerland as a foreigner** because:

- You are in a relationship with a Swiss
- Your or your partner's work has brought you here

You want to reflect on and improve your situation and are therefore looking for a coach who is fluent in English and at the same time familiar with the Swiss culture and the challenges of your situation.

Professional Life Coaching is a psychological way of counselling that focuses on the improvement of future behaviour and perception. It creates a safe environment that encourages you to reflect and experiment with new behaviour and ideas.

my support

Being Swiss myself, you can fully benefit from my **innate understanding of the Swiss culture**. I help you to deal with every day situations and thus enable you to better cope with cultural differences.

To this effect I provide both practical and emotional support through professional coaching. This makes it easier for you to clarify where, how and to what extend you want to integrate, depending on your current situation.



My service includes proofreading or help with answering an important letter/e-mail. You can as well take advantage of my support regarding a meeting, for example because of a conflict at work or at a parent/teacher conference.

Bringing somebody in who can read between the lines is a big advantage. I can answer the questions:

- "How is this usually done here?"
- "Is it normal that...?"

how you benefit

Professional coaching is definitely worth your time, personal investment and money.

You will be surprised by how many ways you benefit.

By involving yourself in the process you can:

- ✓ talk things through and gain perspective
- ✓ achieve a more positive approach towards personal challenges
- ✓ clarify your values and focus on the relevant goals
- ✓ sharpen your awareness of the attitudes that keep holding you back
- ✓ regain inner stability and energy
- ✓ improve your self-confidence and your work/life-balance

Bring out the very best in yourself !



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