

## Individual therapy/coaching

Do you feel exhausted, lacking energy, depressed, and nothing seems to lift your mood? Perhaps you are also concerned or unsure about the future of a relationship or social situation? Are you in a professional crisis or just feel that you are not living the life that is meant for you? Are you facing a specific problem, recurring patterns or conflicts and do not know what to do next? You wish to have a partnership, you have been looking for a long time and you don't know what you can do? Are you suffering from an unexplained illness or lots of somatic complaints and don't know what to do next?

Whatever your needs are, I would like to offer you my help. In the sessions, I go into your individual issues. We look together to find out which type of support (coaching, classic conversation therapy, nutritional advice, etc.) is right for you and engage with it. I accompany and support you in your process in order to create a more harmonious life for you. We can discuss your concerns in an initial consultation. I look forward to hearing from you.

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