



Special Theme  
Coaching &  
Consulting

## Taboo in work and life Who is the leader?

Those in responsible management positions, we answer. However, the interesting question is: "Who leads you? Who's the boss of your thoughts? You? Perhaps there's the persistent worry that this isn't the case? Are you trying to suppress that very thought but cannot shake it off?"

TEXT: GABRIELE LÖNNE | PHOTOS: PRESS IMAGES | TRANSLATION: EMMIE COLLINGE

### Anxiety in work and private life

Where do these unpleasant thoughts come from, this cruel uneasiness, and these unsettling fears? They're the result of emotional experiences since birth – whether consciously or unconsciously experienced. Experiences are a combination of events and feelings. They're not genetic; no one is born with the fear of enclosed spaces, flying or spiders. We first learn emotions from our parents, and later from our environment. We mimic behaviour that displays emotions and release it instinctively. Through individual experiences and personal events, we then learn to question this behaviour and consequently adopt or reject it. The closer we are to others, the more we take on their mannerisms. Certain situations that instill fear in us could be related to our fathers, or from an experience back in our school days that still torments us today.

### Freedom is everything

Take the initiative! Free yourself from constricting thoughts, ingrained ways of behaving, and troublesome feelings. By using special techniques learned through coaching sessions, clients can release, develop and bolster their inherent strengths. Humans can control their own thoughts; they aren't prescribed to us. This represents genuine personal freedom – even from these nagging fears!

### Good news

Within a matter of hours, Mrs Lönne unites extraordinary methods from the fields of medicine, psychology and communication studies in order to neutralise debilitating emotions, such as panic attacks. This creates a sense of enormous relief for the clients. Whether it's a fear of flying, enclosed spaces or stage fright, her

clients can finally be free from those nagging fears.

### Update

Perhaps it's time for a brain update? The software is quite aged now; is it outdated? Develop new processes that boost your motivation, ability to perform, resilience and leadership qualities. Learn to transform subconscious processes into conscious ones, learn to tackle emotional experiences independently, learn to develop intrinsic resilience. Your whole character will undertake a remarkable upgrade.

[www.loenne.info](http://www.loenne.info)



Portrait: Gabriele Lönne