

• ELVERFELDT COACHING •  
for Results

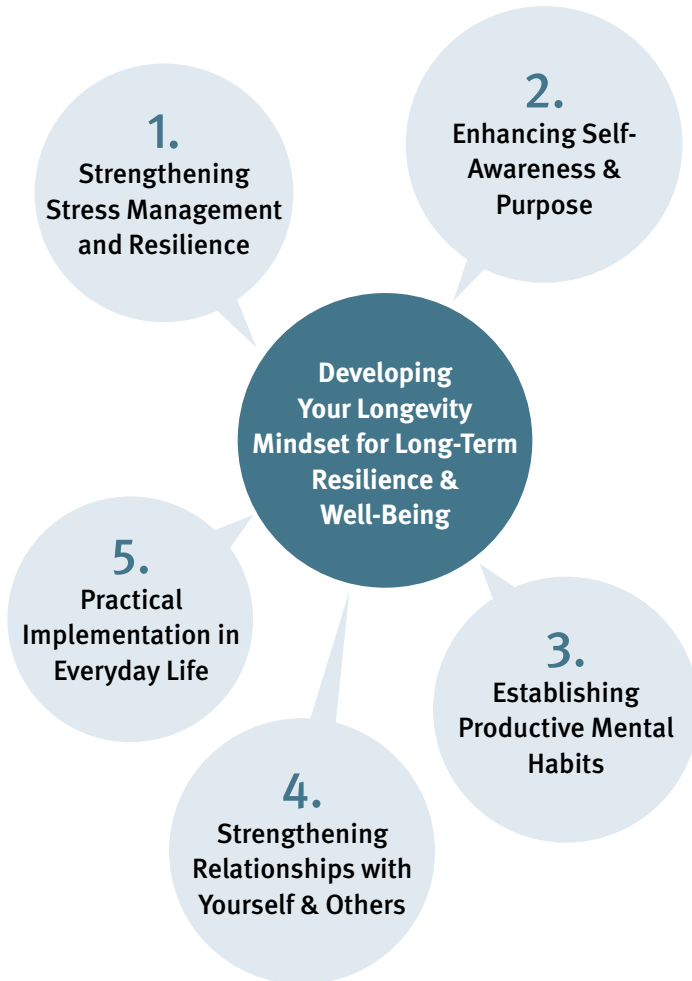


## **Longevity Mindset Coaching 3.0 for Executives**

Strengthen your mental and emotional resilience for a long, healthy, and successful professional and personal life.

## Why a Longevity Mindset is Essential

Your professional success depends not only on your expertise but also on your ability to handle challenges, stress, and pressure with confidence. **Longevity Mindset Coaching 3.0** combines scientifically grounded diagnostics with personalized coaching to enhance your mental and emotional resilience in a sustainable way.



## Your Roadmap to Long-Term Resilience & Well-Being

### 1. Personality Diagnostics for Executives

#### How do you lead yourself and others?

The first step is a comprehensive analysis of your personal strengths, leadership impact, stress responses, and professional values using the **Hogan Assessment**. This assessment provides valuable insights into your leadership style and forms the foundation for your personalized coaching process. (Duration: 45-minute assessment + 2-hour feedback session with personalized analysis)

### 2. Tailored Coaching

Based on the assessment results, we will develop a customized strategy to:

- Sharpen your self-awareness
- Improve your communication with yourself and others
- Strengthen your personal resilience
- Integrate long-term well-being into your leadership approach

## 3. Coaching-Packages

### Package A:

#### Compact Impulse for Initial Change

- 3 × 2-hour coaching sessions (monthly intervals)
- Focus on key development areas
- Immediate implementation of practical strategies

### Package B:

#### Deepening & Sustainable Integration

- 6 × 2-hour coaching sessions (monthly intervals)
- Continuous reflection and adjustment
- Individual deep dives based on personal needs

### Package C:

#### Long-Term Support & Transformation

- 12 × 2-hour coaching sessions (monthly intervals)
- Comprehensive development of a resilient mindset
- Personal growth over an entire year

*Invest in Your Future and Your Most Valuable Resource!*

*"My conversations with you have been life-changing for me and the starting point for so much good."*

Senior executive,  
pharmaceutical company

*"An accurate and precise analysis of the initial situation. I quickly learned to use my strengths in a more targeted and pointed way and experienced practical, positive changes."*

2nd management level,  
international financial services provider

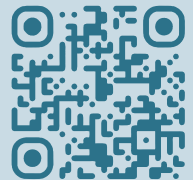
*"We can't solve our problems by using the same kind of thinking we used to create them."*

Albert Einstein

*"Finally, I can sleep peacefully again, start the day with full energy, and handle challenges with confidence."*

C-Level, industrial company

*Get in touch for a free  
initial consultation!*



*I look forward to  
guiding you on your  
journey toward a  
strong longevity  
mindset.*

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