

**Programme wingwave-Congress 2024 and wingwave advanced seminar:**

**Epigenetics and happiness**

**Programme Day 1**

10.00 – 10.15 Uhr:	Welcome and introduction: Epigenetics and happiness Cora Besser-Siegmund, Harry Siegmund, Lola Siegmund wingwave trainers and method developers
10.15– 11.15 Uhr:	Dr. Peter Spork: "Health is no coincidence - how life shapes our genes"
11.15 – 11.30 Uhr:	Discussion and signing time with Dr. Peter Spork Moderation: Harry Siegmund*, wingwave trainer
<b>11.30 – 12.00 Uhr</b>	<b>BREAK and signing time with Dr. Peter Spork</b>
12.00 – 13.00 Uhr	Hannelore Bettenhäuser, Karin Schmidt, Cora Besser-Siegmund Introduction to the topic "Epigenetics and happiness": <ul style="list-style-type: none"> <li>- How do we define happiness?</li> <li>- Positive ancestral energy:</li> <li>- Transgenerational imprinting as a resource</li> <li>- Short demo: Contact to my genogram</li> </ul> Moderation: Jo Hermann, wingwave-Coach
<b>13.00 – 14.30 Uhr:</b>	<b>LUNCH BREAK</b>
14.30 – 15.30 Uhr:	Lecture and intervention: Contact to my genogram Hannelore Bettenhäuser-Eschwe* and Karin Schmidt* wingwave-coaches
<b>15.30 – 15.45 Uhr</b>	<b>BREAK</b>
15.45 – 16.30 Uhr	Intervention training: Genogram coaching on the topic "Resources of my ancestors"
16.30 – 17.00 Uhr	Lecture and intervention: Belief coaching: Which beliefs made our ancestors creative and courageous? Lola Siegmund, wingwave Teaching trainer*
17.00 – 17.30 Uhr	Intervention training: Belief-Coaching: the successful mindset of our ancestors
17.30 – 18.00 Uhr:	Presentation of the wingwave coaching award Outlook for the wingwave Congress 2025: "Offline Power - Healthy and successful through breaks!"

## Programme Day 2

10.00 – 10.15 Uhr	Welcoming trance: contact with the power of the ancestors Harry Siegmund*
10.15 – 11.30 Uhr	“Optimizing the biological-psychological footprint via epigenetic processes” Olivia Engmann, biologist and expert in neuro-epigenetics at the University of Jena Moderation: Cora Besser-Siegmund*
<b>11.30 – 11.50 Uhr</b>	<b>BREAK</b>
12.00 – 13.00 Uhr	Lecture, demo and intervention training: Transgenerational imprinting for our potentials Hannelore Bettenhäuser Eschwe and Karin Schmidt*
<b>13.00 – 14.00 Uhr</b>	<b>LUNCH BREAK</b>
14.00 – 15.00 Uhr	Intervention training: Transgenerational imprinting for our potential
15.00 – 15.30 Uhr	Lecture: Modeling the outstanding abilities of our ancestors Harry Siegmund*
<b>15.30 – 15.45 Uhr</b>	<b>BREAK</b>
15.45 – 16.45 Uhr	Demo and intervention training: ancestor modeling
16.45 – 17.00 Uhr	Completion and integration into everyday life

subject to change

\*Lola Siegmund, wingwave-Teaching trainer, Business psychologist BA

\*Cora Besser-Siegmund, wingwave-Teaching trainer, Graduate psychologist

\*Harry Siegmund, wingwave-Teaching trainer, Graduate psychologist

\*Hannelore Bettenhäuser-Eschwe, wingwave- Teaching trainer, Expert in transgenerational imprinting, pharmacist

\*Karin Schmidt, wingwave-Teaching trainer, Expert in transgenerational imprinting, Non-medical practitioner for psychotherapy