

# Burn-out or chill-out at Habibi

"Sleep on it for a night and the world will look different".

What exactly this old truism has to do with Wingwave® coaching, we learn from Gerda Leutgeb in this interview. She is known to many as the director of the International Centre for Dance, Encounter and Movement and as a dancer.

**BezirksRundschau:** *You are not only a dance trainer, but also a licensed life and social counsellor and a certified Wingwave® coach. What exactly do you mean by Wingwave coaching?* **GERDA LEUTGEB:** Wingwave®-

Coaching is often referred to as "turbo coaching". It starts exactly where it hurts. Affected clients often solve their difficulties with amazing speed.

**BezirksRundschau:** *What problems does it help with?*

**LEUTGEB:** Here the spectrum ranges from exam and presentation fears to bullying, all kinds of performance stress, conflicts in relationships, whether private or professional, to communication training and corporate coaching. Young people with learning difficulties come here, as do managers who want to work on their personality or their balance.

**BezirksRundschau:** *How does coaching work?*

**LEUTGEB:** The first session usually lasts one and a half hours. We clarify in advance how to handle the



Gerda Leutgeb (l.) is a certified Wingwave® coach.

Photo: Leutgeb

Wingwave® coaching. One method is called bilateral hemisphere stimulation, which simply means that the left and right sides of the brain are linked. The second tool is NLP (neuro-linguistic programming). A model that motivates the client to use all his senses. The client himself acts as a compass to find out which issues are really "burning on the soul" by means of a myostatic test. This is a muscle test that works similarly to the O-ring test from kinesiology. It often happens that clients are surprised in advance at the topic we end up with.

**BezirksRundschau:** *What is it about the "wave"?*

**LEUTGEB:** During sleep in the so-called dream sleep or REM phase, the eyes move back and forth very quickly. In our dreams, the subconscious mind has the possibility to

to restore the natural order. It is no coincidence that one should first sleep on it before making important decisions. I put the client in exactly this state by means of a special waving technique and he can now, uninfluenced by his "head", resolve unprocessed, stressful or confusing issues.

**BezirksRundschau:** *Does this mean that the client does not know what he is doing during the coaching?*

**LEUTGEB:** On the contrary. In all stages of the process, the client is wide awake and actively determines the course of the process. But sometimes it is advantageous to bypass the conscious thinking process. For example, everyone knows that smoking or eating too much is unhealthy, including those seeking help. This is exactly where Wingwave® coaching comes in. The individual and appropriate solution of each person is intuitively wor

## To the point

### Dates at Habibi in Braunau 2011:

**Lecture Wingwave® Coaching:**  
Friday, 21 January, 6.30 pm,  
Admission: 10 euros

**Course "Burn-out or Chill-out":**  
25 January to 15 March, every  
Thursday from 7 to 8 p.m.,  
course fee for seven evenings  
per hour incl. individual coaching:  
139 euros per person.

### Workshops: Wingwave® Coaching

**Friday, 4 February:** Migraine and  
Other Pain 1; **Friday,**  
**4 March:** How to be better and  
pain-free 2, each from 18 to  
8 pm

**Friday, 11 February:** Goals,  
Obstacles and Blockades 1;  
**Friday, 11 March:** Formulating  
and Achieving Goals 2, both  
from 6 to 8 p.m.

**Saturday, 12 March:**  
Intemperate consumption 1;  
**Saturday, 9 April:** Regulation:  
pleasure and enjoyment,  
measured consumption 2, both  
from 7 to 9 p.m.

Fee per workshop: 39 Euro

**BezirksRundschau:** *Can positive thinking also be negative?*

**LEUTGEB:** In my experience, this is an acute problem of our time. There is an increasing demand for perfect, tireless people who radiate positive energy. This topic is dealt with in my course "Burn out or Chill out".



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