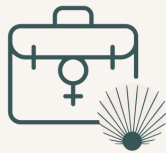




Vivian Maar

Life Coach & NLP Practitioner

AREAS OF EXPERTISE



**CAREER CONFIDENCE &
EMPOWERMENT**



**SELF-COMPASSION &
SELF-LOVE**

WHY I COACH

When I ran my previous business, it looked great from the outside. Everyone always told me how brave I was but I was struggling. I was so burned out, I did not know how to manage the situation or to move forward from it. I wasn't taking care of myself at all.

When I started coaching, I actually took action to move forward for the first time in a long while. I started to create a relationship with myself and through that move towards the life, I deserve.

Little by little things changed, my confidence in myself rose. Now I know that I can support myself through almost everything - I have the tools. And if I don't, I'll be ready to just ask for help. I have so much hope, joy, and confidence in myself



Vivian Maar



WHO I COACH

I love working with people who want to learn to be self-compassionate as well as women who would love to become truly confident in their business. They struggle with criticizing themselves and feeling like they are not good enough.

Somehow, they always have the urge to be more but cannot get there. They have a vision of themselves but things feel hard in their business - and they start to think that a successful business that excites me and is meaningful to me is just not possible.

But through my coaching, I help my clients to gain awareness of how the mind works and how powerful they truly are. I mix traditional coaching with neuro linguistic programming and self-compassion tools to create higher-level awareness for the client, so they can show up in their life as their true and most empowered self.

MY TRAINING

March - September 2019

Life Coach Training with Inner Glow Circle
ICF-certified training

July - September 2020

Mindful Self-Compassion Training
Tools by Dr. Kristin Neff

August 2020 - February 2021

Neuro-Linguistic Programming Practitioner

**BOOK YOUR
CONNECTION CALL**

