

*Dear Coaching Client,*

You have just arrived in a German-speaking country and you would like to take advantage of voluntary coaching to support your emotional balance. A German-speaking coach together with an interpreter for your mother tongue will support you in processing various stress issues and onerous experiences. You may be able to speak English, and in that case the coach will work with you to collect corresponding key words in connection with your issue in your mother tongue. Coaching comprises one to two sessions of 50 minutes each. You decide yourself what issues are most on your mind for which you would like some relief in order to be able to build up positive energy for taking control of your future. You can find a few examples here of subjects which might be weighing you down, worrying you or blocking your progress. Every refugee fate is individual, so please choose the issue which is of greatest concern to you personally.

- Stressful experiences in the course of flight
- Homesickness
- Worrying about people and incidents in your home country
- Difficult situations on your arrival in Germany such as conditions in the camps
- Difficult situations in human terms with authorities, officials, other refugees, etc.
- Thoughts of future issues which you have or want to overcome: learning a new language, looking for work, children going to a new school, a new neighbourhood
- Worrying about the future: what will happen to me and my life / the life of my family in the long term?
- Wishes and goals you would like to attain

Although these are stressful issues, coaching can help you to cope with them better and to feel lighter, more confident or inwardly stronger. If you have also experienced good things in your previous life such as your family life, circle of friends, recognition of your work, inner strength from religion and culture, then you may not need a long therapy to refind your inner balance but primarily the targeted processing of stress issues and the building of motivating images of the future through coaching.

*We wish you and also your family positive energies for a good future!*