



**Jana Allmrodt**  
**Wellness Coach**



I am a certified NLP Practitioner, Wellness Coach and Physiotherapist. For as long as I can remember, I have always had an interest in genuinely understanding people and communicating in their 'own language' - from a linguistic point of view as well as on a personal level. I facilitate Coaching sessions in English, German, Spanish, Italian and French.

My physiotherapy studies in Germany have provided me with effective methods to help your body heal itself from different kinds of physical traumas. Often however, the external physical symptoms result from internal imbalances on the mental and emotional levels. I believe that dealing with the root cause of any challenge naturally enables sustainable healing and change. I now focus mostly on assisting people through conversational Coaching methods to find out what's possible in their lives and how to discover multiple opportunities even during times of uncertainty and confusion.

"Nobody can make you feel inferior without your permission" – Eleanor Roosevelt

**My passion is to assist you to:**

- **Transform negative emotions** like anger, fear or guilt into responses that are more resourceful and serve you better than the ones you have been applying in your life up to now.
- **Eliminate harmful stress or anxiety** which are ultimately toxic emotions to your body.
- **Overcome feelings of unworthiness** or not being good enough.
- **Overcome body weight related issues** (lose weight / maintain weight / gain weight)
- **Overcome the fear of speaking in front of a group of people** (i.e. public speaking, presentations, oral exams, expressing your opinion in a family context).
- **Transcend all kinds of emotional suffering.**



- **Deal resourcefully with indecision, uncertainty or any inner conflict** whereby one part of you wants to do something but the other part doesn't and you feel stuck.
- **Investigate your self talk and/or limiting thoughts** like: "I would really like to...BUT.." **and find out what is holding you back** from having the experience you would like to have and how to go about just "going for it". (i.e. I would really like to change my job...BUT, stop smoking...BUT...,exercise more...BUT, be myself...BUT)
- **Find and utilize the opportunity in any given situation including confusion or overwhelm.**
- **Find your direction in life**, discover what's really important to you each and every day and achieve greater fulfillment on all levels.
- **Dissolve relationship conflicts**, whether with your partner, friends and family or at work.
- **Discover and use your own inner resources** to deal with any of life's challenges in a proactive and forward thinking way.
- **Make the seemingly IMpossible possible** – Realize that you can achieve much more than you think.
- **Be inspired, motivated and fulfilled!**

I offer coaching sessions over the phone, Skype or face to face.

Coaching sessions with me cost ZAR 400, 00 / € 40,00 per session if at least three sessions are paid for up front. A single session with me costs ZAR 500, 00 / € 50,00.

Each session lasts about one hour. Rather than long term coaching contracts, I prefer to focus on enabling you to rapidly achieve and sustain your outcomes, allowing you to be the judge, measuring your own success, so you can decide on how long to remain in the coaching relationship. I am looking forward to meeting you!

### **My Coach Certification:**

Wellness Coach - Neuro-Linguistics.Net, South Africa (Recognized by the IHNLP, USA)

For bookings, please contact me directly:

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