

MENTAL SPA DEEP DIVE

LOCATION
TENERIFE - NORTH

YOUR PERSONAL COACH
ANNETTE FÖRSTER

NEW PERSPECTIV

EMPOWERING TRANSFORMATION

MANAGING TIMES OF CHANGE WITH CLARITY, PURPOSE & INNER PEACE

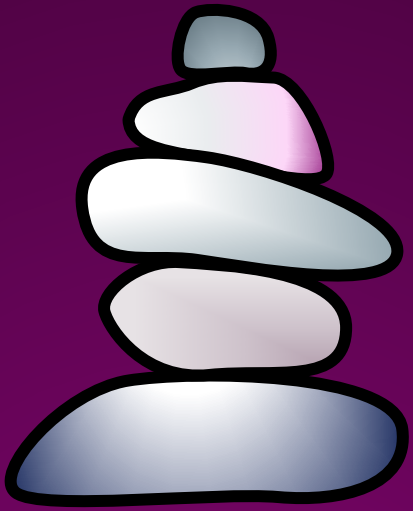
YOUR RE-CREATIVE TIME OUT



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MENTAL SPA

DEEP DIVE



YOUR PERSONAL COACH:
ANNETTE FÖRSTER-KRECHBERGER

NEW PERSPECTIV

EMPOWERING TRANSFORMATION

Imagine a fascinating landscape surrounding you, where each day begins with the calming embrace of nature's beauty. This is your space to unwind, regenerate, and reflect deeply. With the support of a dedicated coach, you release burdens or hold-backs and gain confidence and future prospects.

Your 5-day Mental Spa journey offers you an exclusive blend of relaxing and inspiring experiences combined with practical tools and mindful techniques. Stepping away from every day business you nurture your well-being, boost clarity, turn crisis into opportunity and renew focus.

Your day at the Mental Spa Deep Dive:

- In the morning Annette welcomes you and introduces you to your inspiring impulse of the day.
- Your morning continues with an encounter with nature or a trip to one of Tenerife's natural treasures. Pause, breathe deeply or take a still moment to enjoy and let go.
- Next, you take a mindful walk accompanied by Annette's daily impulse as a reflection guide. You explore the gentle inspiration and insightful questions that invite inner awareness helping you to bring clarity to your thoughts and emotions.
- In the afternoon, your experience deepens through a personal or small-group coaching session, where new perspectives take shape and practical next steps emerge.
- You conclude your day with a mental „Sunset-Goodie“ offered by Annette.

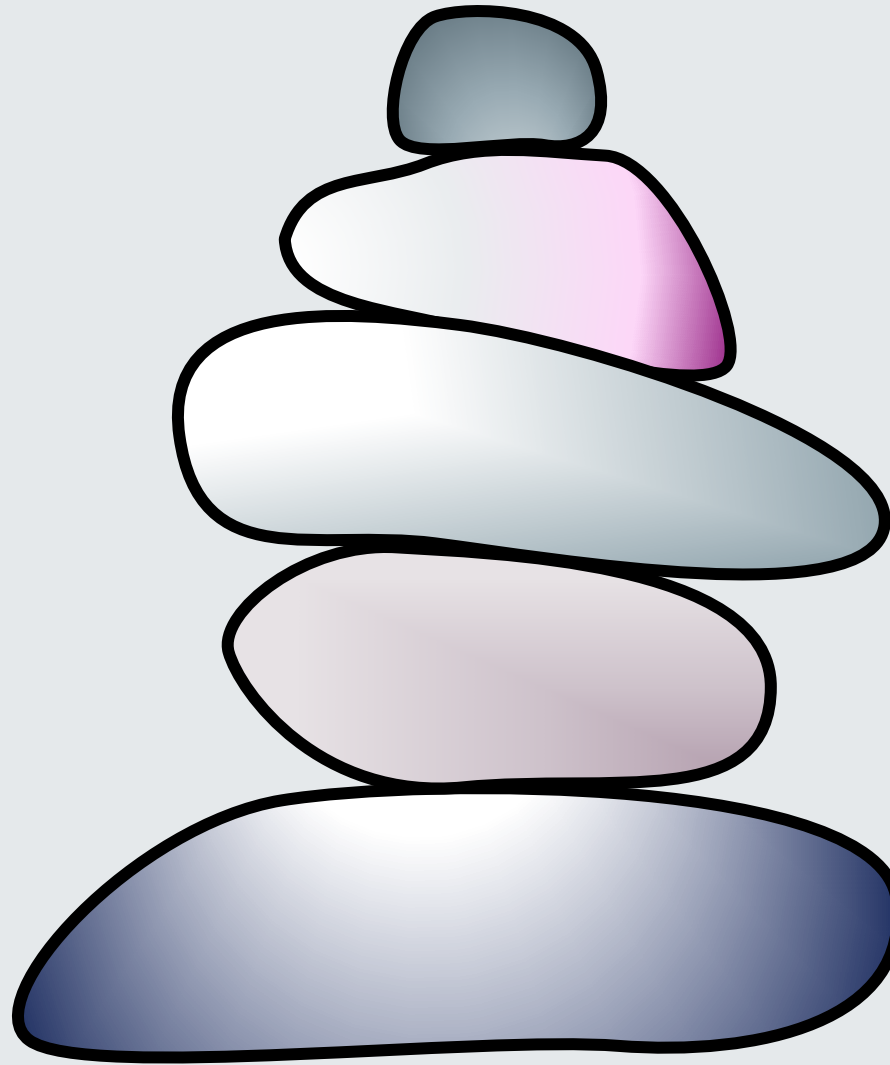
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THE 5 STEPS OF YOUR JOURNEY

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5. Refocus & Return

- Draw key conclusions
- Summarize transfer ideas
- Ensure lasting benefits

4. Recharge & Revive

- Sharpen your vision
- Integrate new abilities
- Gain additional strength

3. Reset & Reframe

- Dismantle disruptive burdens
- Develop fresh perspectives
- Expand purpose & meaning

2. Relax & Relieve

- Take time to calm down
- Observe typical reactions
- Allow & express feelings

1. Review & Reflect

- Analyze your situation
- Define your challenges
- Activate coping strategies

MENTAL SPA DEEP DIVE

USEFUL INFORMATION

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Your Personal Coach:

Annette
Förster-Krechberger (M.Phil.)



Annette lives in Stuttgart, Germany and in Tenerife-North near Puerto de la Cruz.

She is owner of „PERSPECTIV - Coaching & Consulting“ and has been working with leaders and teams in Companies and Organizations for more than 30 years. Besides that she is lecturer at University teaching leadership competencies,, conflict resolution and negotiation skills.

She loves helping her clients to discover their potential, create new solutions, and establish a life filled with purpose, energy and joy.

Annette is trained as a coach, clarification facilitator, resilience trainer and is educated in Psychodrama and personnel development as well as in a variety of other coaching methods.

In her free time, she enjoys to do sports (swimming, Pilates, hiking, functional training), play music, take photographs, cook, meditate and spend time in nature.

Annette works with you in German or English and speaks also French and Spanish.

How to book:

1

Get in contact with Annette via Phone or E-Mail and book a non-binding first appointment

Take advantage of your introductory meeting. Find out what Annette can offer you and decide whether you want to work with her

2

3

Find out if your favorite time is available and book your exclusive Mental SPA Deep Dive

Location and Organizational Details:

Schedule your Mental Spa Deep Dive with Annette and book your flights and your hotel at Tenerife North individually. In case you need recommendations for accommodation, please contact Annette.

Annette will get in contact with you and send you all organizational details in due time.

If you need a participation certificate don't hesitate to get in contact with Annette.