

EXECUTIVE RESET

Your Sparring Partner - Your Pace - Your Focus



ONLINE OR IN PERSON

YOUR PERSONAL COACH
ANNETTE FÖRSTER-KRECHBERGER

**Private 60-Minute Sessions for Leaders & Business Owners
Navigating Transformation**

NEW PERSPECTIV
EMPOWERING TRANSFORMATION

EXECUTIVE RESET

ONLINE OR IN PERSON

YOUR PERSONAL COACH
ANNETTE FÖRSTER-KRECHBERGER

NEW PERSPECTIV
EMPOWERING TRANSFORMATION

Personal Coaching - 60 Minutes 1:1

Imagine: under pressure to change, caught between meetings, decisions, and leading your team, you need a moment of clarity – without having to take weeks off.

The Executive Reset gives you exactly that: effective support for inner focus, clear direction and confident composure.

What your coaching offers:

You develop precise ideas that fit straight into your working day.

Together, we sharpen your priorities, so you leave with real insight.

Who it's for:

You lead a team, run a business or work for yourself – and you're in the middle of change? You want concrete results – online or in person, in Stuttgart or in Tenerife, fitted into your calendar. 60 minutes for lasting impact.

What you get:

- A concrete next step for your current challenge.
- Written results with strategies you can act on immediately.
- An objective sparring partner who challenges you, questions your thinking and activates your resources.

Book a free 20-minute intro call: <https://koalendar.com/e/meet-Annette>

Prefer to talk by phone? Call: +49 177 47 99 333

EXECUTIVE RESET

ONLINE OR IN PERSON

YOUR PERSONAL COACH
ANNETTE FÖRSTER-KRECHBERGER

NEW PERSPECTIV
EMPOWERING TRANSFORMATION

1. DETOX YOUR MIND

You are carrying beliefs that are no longer true.

We identify and replace the ones actively blocking your next decision.

2. RELEASE & RECHARGE

Chronic stress has a specific source, not a vague one.

We locate yours and build habits that protect your resources.

3. UNRAVEL KNOTS

A conflict stays stuck when things go unsaid or come out wrong.
We name them and script your next conversation.



4. EMPOWER YOUR JOURNEY

You know the destination but not the route.

We turn your goal into an action plan with milestones.

5. REFLECT - SPAR - INSPIRE

A second opinion with nothing to gain from flattering you.

We stress-test your thinking, clarify what's at stake, and open new angles.

6. BRING YOUR OWN TOPIC

Bring one open problem.
You leave with a decision and clear steps, not just more options.

EXECUTIVE RESET

USEFUL INFORMATION



Your Personal Coach:

Annette
Förster-Krechberger (MPhil)



You are guided by a coach who has spent 35+ years working with leaders and teams under real pressure – and who teaches leadership, conflict resolution, and negotiation at FOM and other universities and academies.

Her work extends beyond the coaching room: she founded and runs a charity project in Lokichoggio, Kenya. It reflects the same values of resilience and renewal you will experience in your sessions.

Since 1990 she has advised leaders and teams in times of change and pressure through Perspectiv - Coaching & Consulting. In 2026, she launched New Perspectiv, bringing that same expertise into a different setting – using nature and philosophy as tools for transformation.

Sports, structure, and daily discipline shape her own life. Expect the same structure in your own sessions: focused time and steps you can put into practice the same day.

Sessions are conducted in German and English, but Annette also speaks French and Spanish.

How to book:

1

Take the opportunity for an introductory call.
Find out what Annette can offer you and decide whether you want to work with her on your topic.

Book a free 20-minute video call directly:
<https://koalendar.com/e/meet-Annette>
Prefer a quick phone call?
Call: +49 177 47 99 333.

2

3

Book your individual Executive Reset package of 1, 5, or more coaching sessions. At the end we summarize key points and you receive further recommendations.

Investment:
€595 per session (€500 net).
5 Sessions: €2.677,50 (€2.250 net)
Included: intro call, coaching sessions with written results

4