

# Brochure Copy

## Cover

Christoph Nauer Consulting

Time Management and Strategies for Business Owners

## Brochure Inside

### Managing Your Time Wisely

The business guru Peter Drucker said, “Time is the scarcest resource of the manager; if it is not managed, nothing else can be managed.” Do you feel like you’re trying to do too much for too many others? If so you might be mismanaging your scarcest resource to make the lives of others easier. Here are some questions to ask yourself. Am I

- Furthering my own values and goals?
- Damaging my own health?
- Harming my relationships with family, friends, and clients?
- Really the only person who can do these things?
- So stressed I can’t relax?

### “Living” an Overly Stressed Life

Most people are. Technology makes us more connected to responsibilities—and distractions—than ever before. We have more connections, but those connections are often superficial. It’s easy, even expected to be overwhelmed each day with information, competing obligations, and unreasonable expectations—from others and ourselves.

Guilt over unfinished work and fear of missing something important lead to stress. Too much stress leads to an unbalanced life.

### Firefighting in an Unbalanced Life

Medical studies clearly show that chronic stress decreases physical, mental, and emotional health. It’s hard when limited time and energy prevent accomplishing things the way you want to. Especially the things you feel you should but never have time for. Days spent putting out fires eventually lead to personal burnout. Life begins to feel like a maze in a fiery building with only dead ends.

## Time to Make a Decision

Feel like there's never enough time? Like you're **enduring** your days rather than **enjoying** your life? There is a way to change that. Are you ready to break through flaming walls to a better life? It can begin with a single, simple phone call to set up a Breakthrough Session.

## Breakthrough Session

What's a Breakthrough Session? It's a free, 45-minute question and answer meeting. I ask some specific, experience-tested questions. Through answering those questions, you gain a new perspective on the challenges in your life and possible solutions. We can do the session over the phone or face-to-face. There's no obligation on your part by having a Breakthrough Session with me.

I guarantee you'll find value and useful insights in the session. At the end of the meeting, I'll ask whether you want me to help you gain additional insights, tools, and solutions and gently hold you accountable to implementing the changes you want to make. The choice is yours, and there's no pressure.

## Life Coaching by Christoph Nauer

What does life coaching encompass? It depends on your unique needs, challenges, experiences, and skills. To help my clients gain control of their lives, I typically use some or all of the following:

- Prioritization of values and activities
- Time management tools and techniques, including delegation
- Stress reduction tools and techniques
- Goal setting (in up to six categories and using vision boards)
- Techniques to overcome self-doubt
- Techniques to solve communication breakdowns

I also use empathy, compassion, encouragement, and patience. I help you find the motivation you need to succeed. And help you celebrate successes—even little successes.

Finally, I bring a **30-day money-back guarantee**. If you don't see some improvement in your life within our first 30 days together and you want to stop, I'll give you a full refund. Risky? Not really. No one has yet asked for a refund.

Contact me today to arrange a Breakthrough Session for yourself.

## Experience

I have over 18 years of experience in life coaching, ministry, pastoral counseling, and spiritual direction. I have a Master's degree in Theological Studies and a Bachelor's degree in Business from Switzerland. Born in Zurich, Switzerland, I have teaching credentials from both Switzerland and California and have taught kindergarten through 12th grade. As a husband, parent, and business owner I have personal experience with the challenges of managing time, stress, relationships, and work. I've helped hundreds of people create balance and reduce stress in their lives—one life at a time. I'd love to help you get the life you want.

## Testimonials

“I highly recommend Christoph's coaching, as it was immensely helpful for both my business as well as my personal life. I felt like I never had enough time or energy to do all the things I set out to do. He taught me a lot of practical ways that would help me stay on track with my goals, how to structure my to-do list, how to plan out my day in detail. I loved working with him and have really benefited ever since.”

~ Elvina Lui

I tend to get laser focused on work and forget to stop and smell the roses. [\*\*\* Lynn, delete underlined sentence if copy is too long.] I sometimes go many days without taking a day off and sometimes my diet and health suffer because of it. Christoph helps me remember that there is more to life than just work. . . . Christoph's background in the ministry helps make him non-judgmental and he is very easy to talk to. If you are looking for more balance and less stress in your life I highly recommend talking to Christoph.

~ Rick Silva

Christoph has been my coach for over 6 months now. Due to his help my personal life and business life has improved substantially. I have a happy, loving and understanding relationship, my business is doing very well and I have happy clients and I feel I am leading a more fulfilling life because of the help and guidance Christoph has given me. . . . I highly recommend Christoph to the busy professional who has lost the “LIFE” from their life! Thank you Christoph!

~ Marcella Trujillo

## Contact/Back Page

Learn how to

- Get two to three times as much accomplished in half the time

- Reduce stress and learn how to relax
- Find balance in your life
- Improve your communication and relationship skills

### FREE Breakthrough Session

Contact Christoph Nauer to get a free  
45-minute business Breakthrough Session

Christoph Nauer Consulting

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