

ONEDAY is a highly effective coaching method that focuses on solutions. When you're facing a particular challenge, ONEDAY helps you face this challenge professionally: with one coach and one topic covered in the course of a whole day in the great outdoors.

# ONEDAY

COACHING

## BUSINESS

The ONEDAYS in the ONEDAY Business series are designed for companies that would like to boost the mental capabilities of their managers and top performers.

ONEDAY Peak Performance  
ONEDAY Leadership  
ONEDAY Vision  
ONEDAY Energy  
ONEDAY Sales  
ONEDAY Summit  
ONEDAY Switzerland

## LIFE

The ONEDAYS in the ONEDAY Life series focus on the three basic questions in life: Who am I? Where am I going? Who with? They are intended for anyone who has high standards and far-reaching questions. Aspects from your professional life may also be relevant here, but they are not the focus.

ONEDAY Vision  
ONEDAY Balance  
ONEDAY Decision

## SPORT

The ONEDAYS in the ONEDAY Sport series are designed for top athletes, coaches and associations. They focus on mental strength in competitive conditions, but also on the mental challenges when the competitions and careers are over.

ONEDAY Coach  
ONEDAY Balance  
ONEDAY New Way

# ONEDAY IS ONE OF THE MOST EFFECTIVE COACHING,

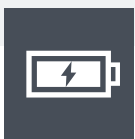
We find solutions and ideas that work.

## METHOD:



### THIS DAY WILL PROVIDE CLARITY –

as your coach reflects on your thoughts, using targeted coaching techniques in which the focus is on your strengths. Specific solutions are developed.



### THIS DAY WILL EMPOWER YOU –

since it takes place into nature a long way away from your everyday life. Exercising outside reduces the level of stress hormones in your body and generates space for new ideas.



### THIS DAY WILL HAVE A CONSIDERABLE IMPACT –

because every ONEDAY is part of a three-stage process. A **preliminary meeting**, to adapt. The **one-day excursion**, to dig into it. And a **final meeting** to review the solutions and adapt if necessary.

**ONEDAY**  
COACHING



**WHO WE ARE:**

**MATHIAS DÖRIG**  
Psychologist /  
Systemic

**STEPHANIE MÜLLER**  
Sports psychologist  
/ Goalsetting

**THOMAS THEURILLAT**  
CEO / Challenges

**FAISAL KHAN**  
Business Leader /  
Leadership

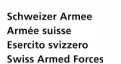
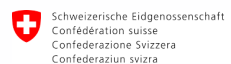
**SAMUEL RYSER**  
Psychologist /  
Systemic

**SIMON LAMBERTI**  
Sports Manager  
/ Pragmatical

**DR. HEINZ STAFFELBACH**  
Biologist  
/ Balance

**KLAUS VOLKEN**  
Business  
Manager /  
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**SOME OF THE MANY WE HELPED FIND CLARITY:**



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