

*"Ability is not the only major determinant of success and failure in private and professional life. Personality makes the difference." — Nicole Brandes*

## What can I expect from Life coaching?

As a life coach, Renata Dorner considers people in their entirety. This means that she considers their habits, skills and attitude, collectively known as habitus. The habitus is not innate as it develops from lifestyle, the environment and experiences. She also examines the way individuals perceive the social world around them and their reaction to it.

An individual's habitus and disruptive factors are analysed together and a customised action plan is designed to achieve their desired goal. Life coaching not only addresses an individual's inner attitude, their appearance, posture and communication but also their external appearance like clothing choice, home decoration and lifestyle.

*"Together, we look at the current problem and focus on concrete solutions in an interactive setting. After the sessions, the client will be more relaxed, motivated and confident."*

— Renata Dorner

## Life coaching gives more LIFE

## Why do people come to Life coaching?

Many individuals desire a happier life but do not know how to achieve it. The reasons for seeking coaching are very diverse:

- Separation, divorce, loss, farewell and new beginning
- Find what they really need in their lives
- When setting the course in life (commitment, occupation, change of location)
- Making sense of or understanding the meaning of life
- Feel again
- Away from manipulation
- To increase the quality of life
- Willingness for a new partnership
- The desire for structure and order
- Processing of issues and dealing with negative thoughts

## Life coaching is the open secret of quality of life

## What do clients say before the first session?

- I am so restless.
- I cannot concentrate.
- I am no longer comfortable with myself.
- I cannot decide.
- I always have the wrong partners.
- I have been left; I cannot handle it.
- I have been fired even though I have achieved all targets.
- I can only sleep on the sofa watching TV.
- I want to do something good for me.
- I do not want to lie anymore.
- I cry over the smallest matter.
- I have been dreaming the same dream of 20 years ...
- I am having an affair and do not want to leave my husband. This troubles my conscience.
- I am turning 50 and it scares me.
- My parents still treat me like a little kid.
- My ex-wife said "... " and I can't let it go.

**Life coaching opens doors and increases confidence**

## What is the difference between image consulting and style consulting?

Image consulting as defined at Re NATA will bring out the best of an individual in a harmonious way and emphasize their underlying beauty. EVERYONE is BEAUTIFUL!

Renata Dorner will guide, mentor and educate individuals on managing their appearance, clothing, grooming, body language and etiquette to create positive first impressions or perform better when opportunities arise. Image advice extends to include their professional life, their leisure activities and their home. Even the choice of car color is part of the image. Subtle messages influence perception. It's about defining your own "status" and representing it in harmony with your personality.

Style Consulting is more involved with enhancing appearance, dealing with styles and fashion trends, such as romantic look, festival style, sporty, classic, retro etc. Style begins with understanding who you are – inside and out.

### Image is a statement

## Why do people come to Image Consulting?

An individual's outward appearance, clothes and colors should be chosen to match the occasion. Image consulting concentrates on reconciling appearance with attitude and personality:

- For a new beginning
- For a job change, career advancement
- Acceptance of aging
- Want to show the best of yourself
- Uncertainty with clothing choices
- Uncertainty in occurrence
- Career support
- Self-development, self-confidence, development

### Image Consulting causes change

## Why are manners important?

The way an individual communicates with, behaves towards and treats others reflects their character, personal values and family traditions. Social graces have to do with respect for others. The cultural environment of an individual is often determined by their origin, social status and etiquette. Success at work is decisively influenced by respectful manners and communication. Etiquette extends beyond formal dinner parties. It is vital to networking, public speaking, job interviews, dating, friendships and communication. Politeness, attention and appreciation are part of a stylish appearance.

Renata Dorner has spent half of her life abroad, including 10 years in Southeast Asia observing different forms of behaviour in various cultural environments and has developed successful strategies for success. She feels at home offering advice on the international stage, at business events and galas as well as at family gatherings and private dinner engagements.

**Friendliness and courtesy cost nothing yet add value**

## Why is supervision important?

For individuals working in high stress professions, such as doctors, managers, entrepreneurs and executives, supervision offers the opportunity to reflect on issues in a neutral, moderated space. Stressful situations can be worked through in a professional context. Re NATA offers individual, group and team supervision.

**Supervision is prevention**

## How long does it take? How many hours should I schedule?

Life's problems cannot be worked out and solved overnight.

*"For me, it's important to work through my clients' concerns step by step and at the pace that suits them. From experience, the time frame for image consulting and life coaching is between 10 and 20 hours, depending on the needs and the task."*

— Renata Dorner

One unit always takes 2 hours. Re NATA offers packages of five, ten or twenty units. A home service with wardrobe check, purchasing and living environment optimization is calculated individually.

**Life coaching & Image Consulting = Investment that creates quality of life**

## Personal from the practice of Re NATA

**Awareness:** Life does not come with instructions and guarantees

**Active:** The right time is NOW to take the first step

**Self-responsibility:** The best investment is in yourself

**Precaution:** If you want to sit under a tree in your old age, you should plant a tree now.

## The key to the ICH

*"In my studio there is a basket full of keys given to me by my clients, because together we discovered and opened hidden spaces and potentials in them. Symbolically, this is the key to the self." — Renata Dorner*



## The power of water

*"Water moves and cleans.  
The fountain is my 'Employee'.  
He purifies the energy during the sessions.  
Sometimes he makes himself known by bubbling.  
Some clients call him loving 'Mr. Blubb'".*  
— Renata Dorner



**KLARHEIT : ORDNUNG : ÜBERSICHT** BEGINNT MIT **TUN**

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