



Mental wellness coach for body, mind and soul.

Mental coaching helps you if you want to make small and big changes in your life. Improving your current life situation is always possible with professional coaching.

In my coaching, parts of your subconscious are activated that usually remain hidden from you if you don't work on them specifically. In a session, exactly these parts are brought out and addressed, which I make visible to you so that you have your full potential and the quality of life you can achieve.

Did you know that your thoughts today create your reality tomorrow?

My mental coaching changes your life positively and sustainably.

Mental coaching works wonders in your life! There is more to you than you think! You probably know that you always reach your limits in certain life situations. Resignation is not the solution here, but rather it is more productive to investigate the causes of the preventing blockages and resolve them. Mental training is about exploring and restructuring your thoughts. You use your imagination to gain new, positive thoughts and beliefs. With the help of this coaching, you will be able to recognize negative thought patterns and thus transform them into positive beliefs.

With my work, I support you in making more out of your life and thus achieving a higher quality of life.

Plague anxiety!

- Suffer from self-doubt
- Do you have issues with your self-worth
- Do you have any blockages that are hindering your personal development?
- Believe that you must take responsibility for "the whole world".
- Are you mostly there for others and therefore forget yourself?

By recognizing these negative characteristics in personal coaching, you can resolve them.

The training I professionally guide will change your life sustainably.

Through my empathetic manner and meeting at eye level, a relationship of mutual trust is created. For me, this represents the basic value for working together successfully and intensively.

I am fully aware that the clients who attend my coaching sessions come to me with very personal issues. It is more than natural for me to approach these topics with respect and appreciation and to always treat them confidentially.



My energetic treatments

My energetic treatments activate your self-healing powers. The healing process supports you on your physical, emotional, and spiritual level. Healing can happen for issues of all types and origins. Effective soul healing is a process that takes place beyond our ability to think and cannot be explained.

Treat yourself to well-being for body, mind and soul.

My energetic treatments are effective because they serve your healing and your personal prophylaxis. If you have health restrictions, your quality of life will significantly improve.

In short, my work is based on health aspects, so an improvement in the current life situation can be expected as healing takes place on all levels.

I do not make medical diagnoses, so I do not replace a doctor.

Kind regards, Praxis Erich Huber

[Inquiries to Praxis Erich Huber](#)