



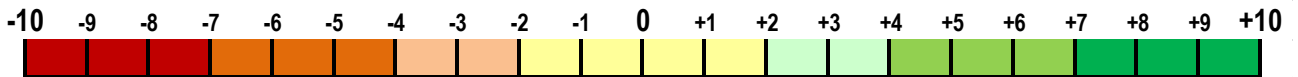
Kommunikationstraining
SIMMERL GbR

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Telefon: 09571/4333; Fax: 09571/4303
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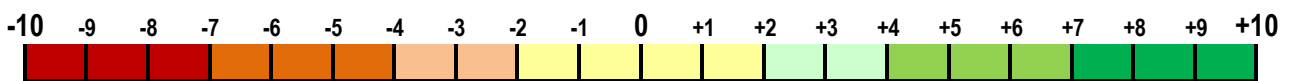
Mentaler Fitness-Test

Wie geht es Ihnen, wenn Sie an folgende Themen denken:

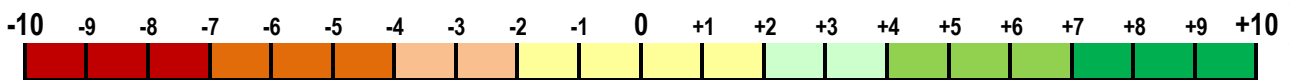
Eigene Zukunft



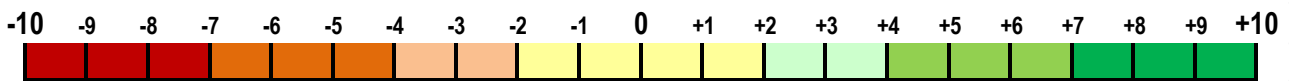
Eigene Vergangenheit



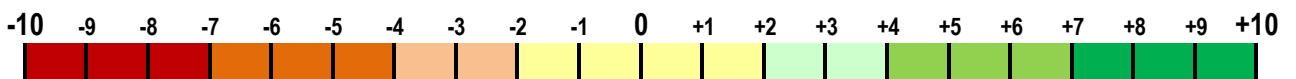
Gegenwärtige Beziehungen



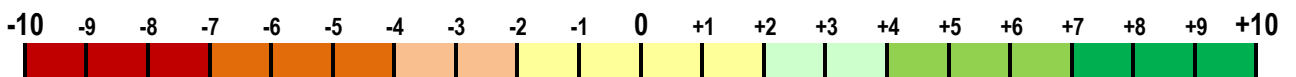
Aktuelle persönliche Gesundheit



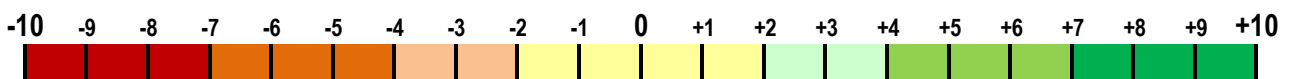
Konkrete bevorstehende Herausforderungen (Prüfungen etc.)



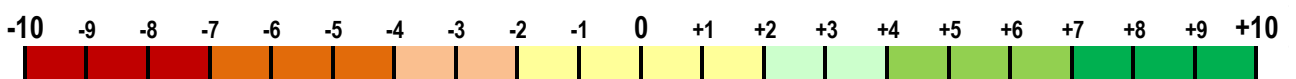
Ihre Ernährung



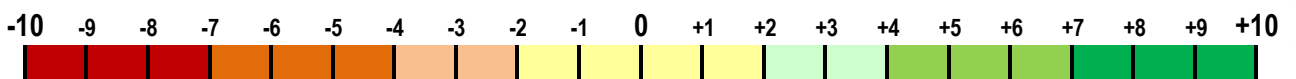
Ihre Bewegung



Ihren Beruf/Ihr Studium



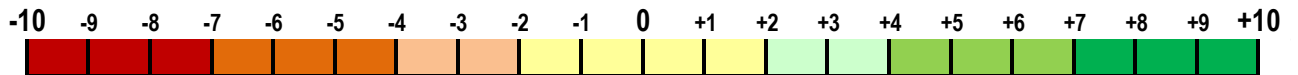
Ihre Finanzen/Ihren Besitz



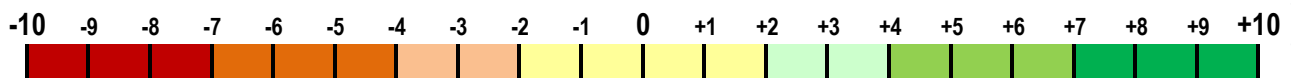


Wie zufrieden sind Sie im Umgang mit...

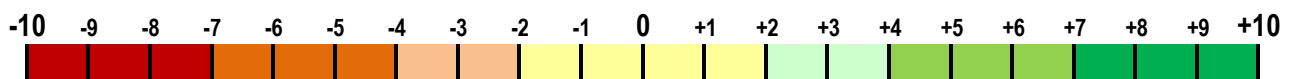
ärgerlichen Reizen



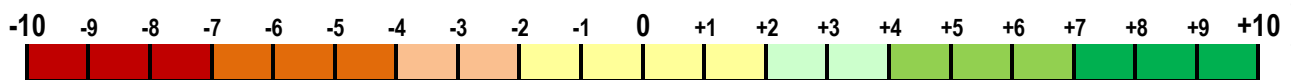
kritischen Zeitgenossen



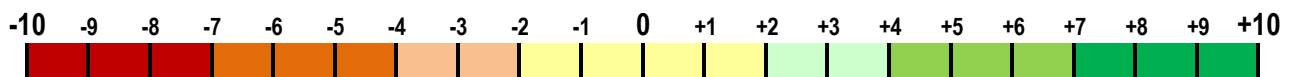
schwierigen Gesprächen



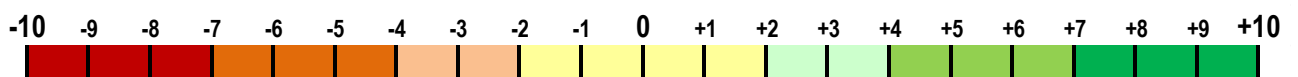
zu bewältigenden Aufgaben



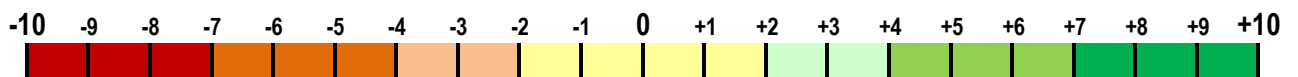
Tagesstart



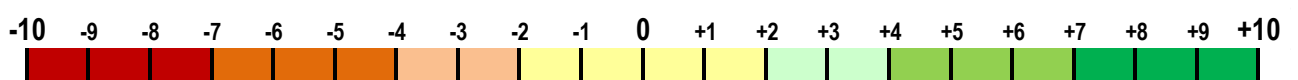
Tagesende



Ihrer Entspannung



Ihrem Selbstbewusstsein



+ 10: Höchstes Wohlbefinden

- 10: Stärkstes Unwohlsein

The first sign, you need help, is, it isn't funny (Steve Wells)