



INNERWEAVING

TRANSFORMATIVE COACHING PROCESS©

THE BENEFIT

Strengthen and transform



- Create a crystal clear vision for “long term transformation” so you know exactly what you want, where you're headed, and what you need to do to make it happen.
- Uncover hidden challenges that may be sabotaging your ability to make changes that last or that are slowing down your progress.
- **Leave the sessions renewed, re-energized, and inspired to finally achieve the change you seek- once and for all.**

HOW IT WORKS

Retrace the network of threads for AHA!

Effective coaching systems blend into experience-based activities of Silvia's playful yet profound visible process. Stretching a network of threads between current struggles and hidden obstacles trigger remarkable solutions. Whereby the solution threads get literally interwoven into a tangible keep-sake-fabric. Depending on the requirements: visual storytelling, crafting, weaving, body or nature exploration, act as a vehicle of AHA!-moments.



WHAT ELSE HELPS

Gateway for change

- Body release techniques free somatic/energy blockages
- Asking the right questions and guiding reflective conversation before, during, and after an experience helps to open a gateway to powerful new thinking and learning
- Introducing follow-up agile, creative, introspective activities to undertake in daily lives in-between sessions to support and strengthen the coaching experience
- online support for self-improvement and personal fulfillment



WHAT IS IT BASED ON

Transfer of Silvia's multidisciplinary studies

- Experience based Learning Model
- Systemic Constellation Work
- Nature Therapy – ‘Nature as a healing space’
- Multimedia Art Therapy
- Reichian Somatic Therapy
- Left and Right Brain Balance



Learn more about the coaching programs

coaching@innerweaving.com

Sausalito, CA - San Francisco Bay Area



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ABOUT SILVIA SCHROEDER

Her roots



Silvia is a Austrian-born creative thinker, residing in Sausalito, CA. She operates in USA and Europe. Her work in conflict resolution, coaching, and curricula design is grounded in hands-on experience with diverse populations on two continents . Her successful years of group facilitation are based on a deep understanding of “connectedness” among people and the natural world; she sees belonging (Zugehörigkeit) as fundamental to well-being.

PROFESSIONAL RECAP

Her international experience



A trained instructor with a degree in Systemische Erlebnispädagogik für kreative Prozessgestaltung (Instructor in Systems Dynamics for creative and nature-based design), with an emphasis on group dynamics and experiential learning. Silvia has developed programs for thought leaders throughout the EU. These innovative projects, were groundbreaking in the realms of emotional intelligence, violence prevention, career development, violence prevention, social Web skills, and food literacy, to name just a few.

HOW SHE CAME ABOUT

Her signature approach



When massive changes disrupted her life, Silvia found everything was different. She left her home in Vienna, Austria and closed her well-established six-figure coaching business. Together with her husband she recovered in California, and then further refined her coaching approach. Silvia knows what resilience means. After devastating circumstances she developed specific actionable strategies to move forward, and did. As part of her own exploration, Silvia chose weaving as metaphor for untangling life’s problems and blockages.

HOW YOU CAN WORK WITH HER

Her Services



- Face-to-face single or group coaching programs
- Virtual coaching for individuals and groups
- Single day intensives
- Self-awareness training
- Nature explorations
- UntangledArt group discoveries
- Embedded community experience with impact
- Custom crowd weaving events

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