

## Solutions for Individuals

Personal, professional and physical solutions for all ages with **long-term results in a short period of time.**

I can assist you to:

- create **more free time**
- **get clarity** or make a difficult decision
- improve the **quality of your life & relationships**
- resolve personal or professional **crisis**
- take your **career** to the next level
- find **relief from chronic pain** or **migraines**
- **release fears:** public speaking, flying, heights, dogs, driving, spiders, exams
- become **addiction** or **cigarette-free**
- improve your **body image** & reach your **ideal weight**
- **reduce stress** and increase relaxation
- release **traumatic memories**

### Creating Solutions

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"I assist you in **Creating Solutions** for your personal and professional life"  
- Deborah Brandow

## Solutions for Sports

Performance solutions for **professional, amateur** or **hobby athletes.**

I can assist you to:

- improve your **mental game** & focus
- stay in **the Zone** longer
- improve **performance & confidence**
- release performance **anxiety**
- **recover** from injuries faster
- **pain relief**
- take your **game to the next level**

## Solutions for Creativity

Solutions for **actors, musicians, singers, writers, poets, artists** and anyone creating or performing. I assist you to:

- **increase creativity**
- release **performance anxiety & fear**
- relief from **writer's block** & creativity blocks
- **reduce anxiety**, stress and burn-out
- take your **career to the next level**

**Creating Solutions** for your personal and professional development

## 3 EASY STEPS TO SOLUTIONS

### STEP 1: DESIRE FOR CHANGE

On a scale of 1 to 10 for "your desire to change", where are you right now? Are you ready to take the next step?

### STEP 2: FREE CONSULTATION

For your free 20-minute confidential consultation to assess your true needs, contact Deborah Brandow at +41 61 631 64 00 or info@creatingsolutions.ch

### STEP 3: LIVE THE CHANGE

Achieve your personal & professional goals faster & easier. Create change and solutions by making a short-term commitment with long-term results.

## Solutions for Professionals

Business professionals, like athletes, perform under high pressure to succeed in a tight time-frame. Although an athlete's peak performance is limited to game-time, business professionals are expected to sustain the same levels of high performance every day.

I assist business professionals to/with:

- increase **confidence & self-esteem**
- improve **concentration**
- improve **performance**
- prevent or recover from **burn-out**
- **mobbing** situations
- **derailing**
- resolve a **crisis**
- release the **fear of public speaking** or the **fear of flying**
- become **addiction-free**
- balance **private life & work life**
- **executive coaching**

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"I assist SME's and corporations in **Creating Solutions** for leaders, professionals and teams."

- Deborah Brandow

## Solutions for Teams

I can assist in developing your teams to:

- effect positive and **lasting change**
- understand **team dynamics**
- enable **team development**
- utilize **strengths & resources**
- create a **better workplace**
- develop **high performance**

I assist your team by using the following tools:

- **Team Management System®**
- **Solutions-Focused** team coaching
- Individual **coaching**

## Solutions for Leadership

I assist businesses to create & integrate:

- **coaching skills** for managers
- the Solutions-Focused **Methodology**
- the Solutions-Focused **Boardroom**
- the Solutions-Focused **Company**
- a **better workplace**

## Workshops

I offer interactive, collaborative and **experiential workshops** on:

- balancing **private life & work life**
- **burn-out** prevention & recovery
- **stress** reduction
- the **Solutions-Focused** approach
- **Emotional Freedom Techniques**



Deborah Brandow is the founder of **Creating Solutions**, a Swiss-based company providing customer-customized solutions for personal and professional development. It is her unique combination of the Solutions-Focused approach and Emotional Freedom Techniques which allows her clients to achieve new perspectives, sustainable change and success so quickly. Originally from Texas, Deborah studied at The Evergreen State College and has lived in Switzerland for the past 10 years. She speaks English & German.

**Creating Solutions** for your personal and professional development