


WATER IS OUR LIFE ...
SUCCESS OUR GOAL.



Dr. Johannes Pfaffenhuemer

A middle-aged man with grey hair, wearing a light green short-sleeved button-down shirt and blue jeans, stands outdoors. He is smiling and pointing his right arm upwards and to the right. The background is a dense forest of green trees with sunlight filtering through, creating a bokeh effect. The text is overlaid on the lower half of the image.

A JOURNEY OF A
THOUSAND MILES BEGINS
WITH A SINGLE STEP.

Chinese proverb

Corporate Health

Happy, vital people are the best guarantee for healthy, successful companies.

Employees who like to come to work and participate enthusiastically, are the key to the common success of the company.

As an expert in increasing productivity, operational health promotion and work life balance, I accompany entrepreneurs, managers and their staff to their destinations!



Dr. Johannes Pfaffenhuemer

Economic and Social advice


Business Coaching comprises all topics relating to the personal life and daily work life of its employees. In either single-coaching or workshops I teach effective strategies for vitality and zest for life. Furthermore, participants learn how to use crises as an opportunity for personal development and to gain strength.

The result:

- ▶ **Potential usage**
- ▶ **Increase in productivity**
- ▶ **Secure sustainable success**
- ▶ **Reduced absenteeism**



EXPERIENCE
EXPERTISE
COMMITMENT

A close-up photograph of a person's hand gently touching the surface of clear, blue water. The water is rippling, and the hand is positioned in the upper left quadrant of the frame. The background is a soft-focus view of the water extending to the horizon.

Living, mature
spring water.
The basis for
healthy living.

The waters of the St. Leonhard resource rise naturally as an „Arteserquelle“ out of the earth.

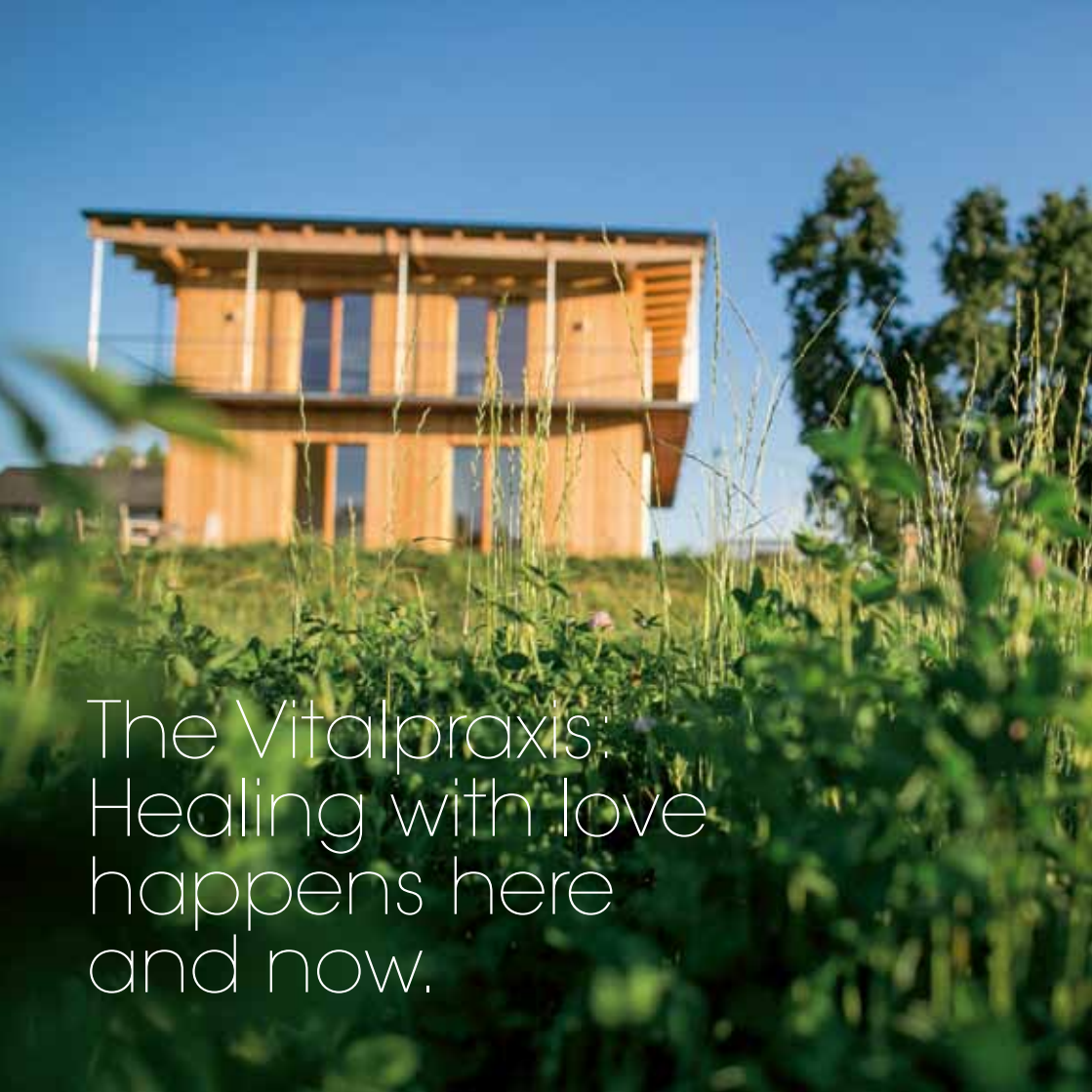
By natural, original structures this living water has high cell availability. It can be better absorbed by the body and especially promotes the elimination of onerous foreign substances.

From time immemorial good tasting and healthy resources have been appreciated by people. And it is precisely in times when healthy water in many regions is not self-evident, that more and more people attach importance to water in its highest quality.

Purity, vitality and richness are properties that can describe the qualities of food. This also applies to our food source number one, water. Be it medical practitioner, neuropath, cook, academic or simply health-conscious person: more and more people are appreciating and researching the effects of water. And the soothing, beneficial effects of the Waters of St. Leonhard have been confirmed by various biochemists, physicians, cancer researchers and lifestyle practitioners.

- ▶ **Detailed research**
- ▶ **Practical experience**
- ▶ **Natural bottling**
- ▶ **Water Pharmacy of St. Leonhard**





The Vitalpraxis:
Healing with love
happens here
and now.

Thus there will be more good days!

Our Vitalpraxis in Kirchdorf am Inn offers the ideal setting for relaxation, reflection and reorientation. Here everyone can learn with, from and in the nature, a lighter, more fulfilled and happier life. The calm, protected environment invites you to open and sharpen all your senses, to perceive them effectively and to sail toward new goals.

Methods:

► **MBSR**

(Mindfulness Based Stress Reduction by Dr. Jon Kabat Zinn)

Alternative access to stress and burnout prevention

► **Resonance Coaching**

(Dr. Gundl Kutschera)

In harmony with the environment through respectful coexistence

► **NLP**

(John Grinder, Richard Bandler)

Make changes effectively

► **GfK**

(Marshall B. Rosenberg)

Nonviolent Communication

► **Jin Shin Jyutsu**

(Jiro Murai, Mary Burmeister)

Art of flowing to help people help themselves

**WATER
OF
LIFE**®



NU SKIN®
THE DIFFERENCE. DEMONSTRATED.™

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Economic and Social advice

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