



Genogram work

The Coaching Process

- > Creating your genogram in 6 sessions (90 min each)
- > Questions & research
- > Final session to analyze the intergenerational history
- > Comprehensive graphic genogram & written final report

Total € 990 (incl. VAT)

How does it work?

Creating the genogram:

Together, we create a genogram that goes back two generations, mapping out all significant individuals.

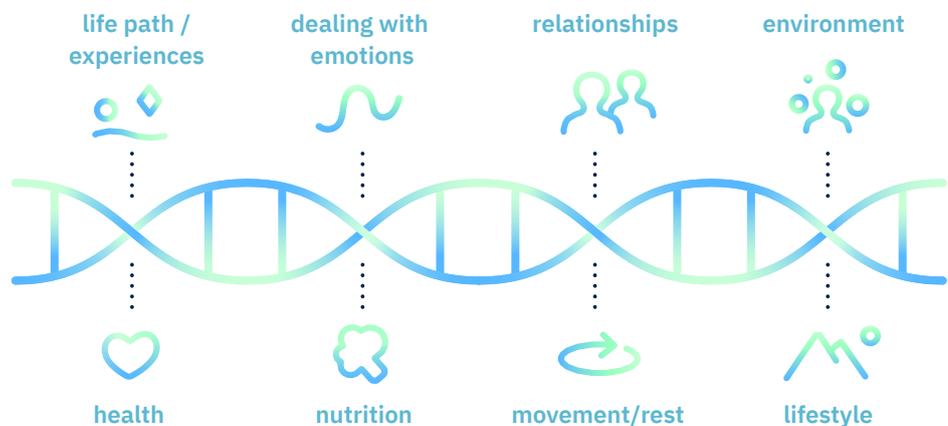
Questions & research:

Through specific questions along relevant areas of influence (>see illustration) and family research, we gather all essential information.

Identifying patterns:

Together, we reflect on the influences and how they impact your life. This provides you with a unique overview to distinguish what belongs to you, what needs extra attention, and what you can let go of.

Everyone carries their family's story with them, from the joyful moments to the challenges. Transgenerational genogram work helps you unravel these stories and understand how they influence your life. It's an engaging journey through your family history that provides valuable insights into yourself and the choices you make.



Genogram work brings the history of your ancestors to life within yourself. It offers insights and understanding into the deeper layers of who you are. It provides valuable knowledge from a broad perspective on your origins: your ancestors.

Who is it for?

This tool offers useful and essential insights for everyone — at any stage or age in life!

What are the benefits?

Awareness of hereditary influences:

Gain insights into the health history and lifestyle of your ancestors. Recognize how traumas, beliefs or behaviors have been passed down. Discover hidden sources of strength and resilience within your family.

Understanding family patterns:

Identify recurring themes, such as strong values, habits, or beliefs. Understand how

family habits (e.g., communication styles or conflict avoidance) have shaped you.

Improved relationships: Gain clarity on relationships by understanding patterns and dynamics. Work towards forgiveness or connection with family members through greater empathy.

Personal development: Become aware of how your behavior is influenced by family history. Make conscious choices for the future and break unhealthy patterns.

Strength from your origins: See how family has shaped you and draw inspiration from positive stories or values. Learn to view your origins with pride and balance.



Contact me and start your personal journey into your origins.