



## Personal Profile - David Arni

Owner **PRIMECOACHING**, Munich – Germany

I was born 31<sup>st</sup> October 1966 in Switzerland and went there in school and Commercial Business as basic business education when I was 16 years old. Afterwards I was mainly working in Information Technology departments within Financial Services institutions and had some leading management functions as “VISA International Fraud Protection Manager Central Europe” and “Senior Manager Industry Marketing Europe” as example.

2008 I moved from Switzerland to Germany, Munich where I’ve founded later my company **PRIMECOACHING**. Here I’m working as Personal- and Business Coach and carry out as well Resilience Business Workshops for companies in Germany and Switzerland.

In joined relationships with specialist in the areas medicine, nutrition, osteopathy and physiotherapy we’re offering specific Business Health Management days in Germany (based on German law requirements). Partially I’m working as well IT Senior Business Consultant & Head Solution Management for a Swiss company.

### My Unique Selling Point and more

My personal strength is clearly the Coaching and Workshop area where I can bring in my long knowledge as manager in the international business area, as well my deep personal life experiences and knowledge of the educational background (see below). This is what my clients appreciate – the combination of life personal experiences, business and social knowledge I bring into the Coaching and the Resilience Workshops.

### Education Background

Parallel to my IT business roles I’ve made the following Coaching related educations in weekend or weekly courses (total timeframe approx. 10 years for all listed educations):

- ✓ Certified Business Coach ECA – European Coaching Association
- ✓ Certified NLP Master Practitioner – German DVNLP and International NLPTA Association
- ✓ Systemic Constellations Education – Family & Organisation Systems, SIB Level 3
- ✓ Certified Kinesiology Coach – Member of German Kinesiology DGAK, Association Level 2
- ✓ Certified Touch for Health Coach – Member of German Kinesiology DGAK, Association Level 2
- ✓ Certified Yoga Teacher – US 200hours Yoga Alliance, Anusara Immersion 1 to 3, + 350 hours
- ✓ Qigong Teacher Education



### Contact Information

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David Arni

[www.primcoaching.de](http://www.primcoaching.de) (German)

### Personal Hobbies

Windsurfing and Scuba Diving

Enjoy the sun and be with friends

What I do, my passionate work as Coach

[www.findyourself.asia](http://www.findyourself.asia) (Retreats in Asia - English)

## Personal Coaching and Group Workshops - David Arni

### Generally

My work as coach can be seen in two main areas:

- Personal Coaching for individuals
- Resilience Workshops for groups (up to 10-15 people)

In both areas I use my full educational set but with a different shaping. The Personal Coaching is more Kinesiology and Systemic Constellations oriented with partial NLP techniques. The Group Resilience Workshops have more NLP elements and Systemic Constellations, partially Yoga Pranayama and Qi Gong and less Kinesiology inside.

### NLP application in Resilience Workshops and Personal Coaching's

In the group workshops I'm using the 8 areas of Resilience as a guideline. Within the areas I'm using mainly NLP techniques like anchor point, modalities change, circle of excellence, Walt Disney Strategy, timeline and so on.

Participants get working papers where they do these exercises after instruction.

In Personal Coaching's I use NLP partially if needed to "reflect client mentally" and to "switch off the brain to let him/her access the sub-consciousness".

8 areas of Resilience Workshop



### Kinesiology application in Personal Coaching's

Kinesiology and technically related Touch for Health are methods that use the client's muscle to identify a stress or non-stress with a topic. The muscle is directly connected with the sub-consciousness of the client – here is the source of the "problem" stored and here is the point where the stress can be resolved.

The client is in a full present state – no hypnotization – he/she feels as well that the muscle gives different feedback "stop – yes or no stress" or "goes through – no or stress". With this indication, combined with mind and sub-consciousness information/feelings the stress topic will be found and with various techniques, could be meridian points, chakra points, knock points, systemic constellations or whatever the "system of the client" needs – resolved.

[http://www.uskinesiologyinstitute.com/?page\\_id=537](http://www.uskinesiologyinstitute.com/?page_id=537)

### Systemic Constellations application in Resilience Workshops & Personal Coaching's

Systemic Constellations is a very effective method used for a united group topic or a personal topic. In group workshop individuals are working with personal floor cards (stress topic & resource the need) supported by inspiring Coaching Picture Cards.

On the other hand Systemic Constellation can be used to reflect the whole group with a united topic – each participant represents a related resource, theme and so on to the core topic everyone has - "the addiction" as example. Then the process of interaction between the different "positions", relations to each other's start and a solution can be found for the whole group.

In individual Coaching Sessions I use it the same way and most of the time it goes in the direction of family and childhood Systemic Constellation – the source of the "problem" is most of the time in the past/family.

## Extract Customer Feedback / References - David Arni

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### Corporate Resilience Workshops & Personal Coaching's

#### ***World Wide TV Communication Channel - GERMANY***

As part of an employee development program, we have offered various workshops and, if necessary, individual coaching for our employees at Mr. David Arni. The planning and execution of the workshops was very professional and to our utmost satisfaction.

More than half of the participants opted for further individual coaching. Our employees have confirmed this as worthy offer. We are looking forward to working with Mr. Arni. Thank you for the first-class use with us!

*Internal Assessment: 4.6 stars out of max. 5 stars.*

#### ***World Wide Delivery Service – GERMANY***

Great feedback on the anti-stress workshop conducted by David Arni. The participants were completely thrilled to receive exercises for everyday life and a noticeable improvement was already evident within the workshop. We are looking forward to an extended Resilience Workshop next year.

#### ***World Wide Enterprise Content Management supplier – GERMANY***

We've booked David Arni for a 3 day emergency Personal Coaching for one of your main project managers. This employee already had a burnout and we wanted to avoid the risk of having another outage as this put us in a very critical customer situation!! The coaching was outstanding - the employee is full of energy and power. The employee himself greatly appreciated the different techniques (NLP, systemic).

We will book a Resilience and Relaxation Workshop for all employees (25 team member) next year.

### Personal Coaching's

#### ***CEO – ex-Hockey Professional German National Team***

David Arni helped me find my way through a difficult phase of my life and come back to me. The subconscious is activated and thereby achieved a stabilization. You feel very well looked after and professionally advised. The atmosphere is always calm, respectful and positive. The perfect place for development and strength! David Arni moves. Thanks for that.

#### ***Independent Consultant – Germany***

The session with the so-called "NLP Timeline" was very interesting. After laying out my life goals and wishes on the ground, I was clear on the one hand where it pulls me. When I went through the timeline one more time, with the different important people in my life, it was very clear to me who it feels to me or not. It took a few more months to do that, but now I am so happy! Thank you for it afterwards!

#### ***Assistant Head of Board – Worldwide Insurance Company – Germany***

After several visits to a psychologist, there simply was not a complete picture, and the onerous issues were still present. Now after one kinesiology session I realized a lot, I found the last puzzle part.

The positive feeling of the session has lasted until today (date 6 weeks ago). Thanks for that!

#### ***Young men with eczema (neurodermatitis) – Germany/Koh Chang***

Coaching while traveling was an enriching experience. The being able to immerse into his subconscious, without compulsion, was great. At first there was the predicted physical deterioration, but since then everything is perfect. Eczema is not 100% gone, but as good as! Seems to have seemed to have worked the stress take a closer look at the disease and dive deep into the past (the source)! Definitely recommend!