

## Leading the way to a sustainable future with health & well-being

Creating a sustainable future for ourselves and our planet is not only about nature and the environment we live in. It is also about creating a sustainable work environment, a new approach to how we work and how we utilize our human potential. In our programmes we teach our clients how to adapt and self-manage when facing physical, mental or social challenges. With the help of customized resources and new skill sets, they become experts at leading crisis into purpose. Their health and well-being are restored, and they come out performing on a higher level, able to lead others in a sustainable manner.

## Our tools and processes - simple, cost-effective and sustainable:

- Connect to your inner pulse through meditation, relaxation techniques, music, art, creative expression and imagery.
- Discover and activate your secret potential.
- Achieve more through a new mindset and heartset.
- Learn to manage change and challenges, shift perspective and reframe events.
- Explore unused potential, personal and collective, through coherence of the 3 brains: mind, heart and gut.
- Find purpose, our greatest reservoir of energy, to perform and achieve on a higher level.
- Learn about flow and how loopholes of creativity make for unexpected solutions.
- Understand how co-creating takes away pressure and brings better results.

## Credentials

Tessa Richter has spent the past 40 years exploring and teaching the benefits of music, meditative states of flow, artistic creation, imagery, self-hypnosis, mindfulness and mindset techniques.

She has helped professionals find their voice, meaning and purpose, and to perform at top level. Coaching both individuals and groups, she has taught them how to deal with stressful situations and change, and reframe crises in a positive manner, thus enhancing their professional life and health.

Tessa works in three languages – English, German and French. She is a member of the Basel Health and Wellness Coalition and Holistic Health Practitioners Switzerland.

**Music Teaching Diploma SMPV Basel**  
*Teaching and coaching techniques*

**Master's Flute Performance and International career as performing artist**  
*Self-coaching, developed relaxation and mindset techniques to manage stage fright and perform at top level under great pressure*

**Autogenic Training**  
*Relaxation and visualisation technique developed by the German psychiatrist Johannes Schultz, effects of images on our physical and mental well-being.*

**Alpha Training**  
*Mindset and relaxation techniques*

**Internal Career Coach training at OTP**  
*Coaching professionally at all levels, including specialists and C-level executives; assessments*

**Certified trainer Leaders empowered**  
*Process oriented psychology*

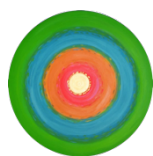
**GPI certified Trainer for applied coaching**  
*Coaching based on personality types*

**Facilitator Heartmath**  
*Creating coherence of brain and heart for better health and performance*

**Visual artist for 40 years**  
*The effect of colours, the language of symbols*

**Travels to various cultures**  
*Forms of meditation, including shamanism*

**Self-healing**  
*Healed from minor and major illnesses using own tools, products and processes*



**TESSA I. RICHTER**  
CREATING NEW LEADERS

# OUR SECRET POTENTIAL

## Recent Workshops

**"OUR SECRET POTENTIAL"**  
as part of Health week at:



**Health Fairs**

At Sargans, Vaduz and at Syngenta Health Day

**"Imagery and expanded awareness of reality"**

exploring the meaning, language and effect of images and symbols, part of Co-Create at



Fachhochschule Nordwestschweiz  
Hochschule für Gestaltung und Kunst

**"THE INNER PULSE OF MUSIC"**



hdk

Zürcher Hochschule der Künste  
Zurich University of the Arts

**"Power images"**

Health Fair "Gegensteuer" Switzerland

**"Sounding body – the effect of music"**

WOMEN IN MUSIC

## Products "OUR SECRET POTENTIAL" by Tessa Richter



available at  
**amazon**

**"Our secret potential – a new approach to purpose, performance and well-being in the 21st century"**, Book and workbook available in all major stores, including amazon

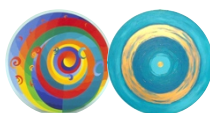


available at  
**amazon**

**3 Music albums:** with special effect of relaxing and creating coherence of the 3 brains, available for streaming and on amazon



**Bespoke motivational audio/ guided meditations**



**Paintings and prints** with proven benefit of creating coherence of the 3 brains and the sensation of being in nature.



**YouTube**

**Manage any crisis**  
Free resource videos:  
<http://bit.ly/3qPk4Wm>

## Client Stories

**A young man 30 years old, a salesperson,** was diagnosed with burnout. After our first session he said "I am able to breathe for the first time in months". Using guided meditations and music to create spaces to breathe, we also managed to find what he really wanted to do professionally. A year later he was doing exactly that and was very happy and healthy.

**Middle-aged man, a technician,** was let go because he had health issues after surgery on his back 10 years prior and was no longer able to carry out manual labour. We supported him in getting back to healthy practices of yoga, going for walks in nature and after identifying his job preference as technical manager of a team, we enabled him to find this exact job. As a result, he is not only happy and thriving without any health issues but is also able to forego the need to apply for a state pension as

a handicapped person.

**COO and CFO** lost his job due to restructuring of company. At the same time, he injured himself seriously doing sports. This man was highly driven and a high achiever. Reflecting on his situation, he came up with the statement that he hated himself. We talked about self-love and how it affects our health and performance. He was willing to try practicing it on a regular basis. This enabled him to heal deep issues he had with his father and move forward, performing with more ease. He has thus become a sustainable leader for others.

**A young woman, IT specialist,** came for painting and meditation classes. She was living through a traumatic experience and was suicidal. In our classes, she was able to connect to her own inner strength and express who she was without

judgement. She experienced the state of flow, allowing her to step out of the stressful situation she was in, and connect with a deeper level of herself. The images she created further spoke to her in her own language to help her through this challenging time. She is fine and thriving. She says, "I may not have survived without these classes."

**Engineer, 50+ with his own business** says: „I was very close to a burnout due to pressure with my business. I had no strength left to keep going. I listened to your motivational CD every evening, even during my holidays in Egypt. At the end of these holidays I found the strength and motivation to get up and do something about my situation. I'm convinced your CD supported me in finding my way forward and in having the courage to take the necessary steps. Your voice is very pleasant, the music flows softly, ideal for meditating. I can only recommend such a motivational CD"