

## The Kutschera-Resonanz<sup>®</sup> method

**»People in resonance easily discover their strengths and talents and enjoy good health and joint success.«**

Resonance is a notion taken from physics which shows how locally separated objects can jointly oscillate.

Just as in a successful orchestra different instruments produce separate oscillations and yet manage to create a harmonious whole, resonance means being in harmony with oneself and one's environment so that people can cooperate with each other on an equal footing.

Current brain research supports this finding. Emotional intelligence is linked to the faculty of reason. As a result, up to 90% of the "idle" parts of the brain are activated and harnessed. This is a necessary condition for managing and shaping the processes of change we find ourselves in or are about to face.

The Kutschera Institute works with the Kutschera-Resonanz<sup>®</sup> method which Dr. Gundl Kutschera first established in 1974 and has since continued to develop.

The Kutschera-Resonanz<sup>®</sup> method combines teaching, research and practical work which is applied to numerous fields (children, young people, family, health, business, education, regional development and intercultural cooperation).

**»We are successful when we feel a sense of inner strength and balance, and face the future with confidence.«**

The Kutschera-Resonanz<sup>®</sup> method enables you to...

### discover

your hidden and underexploited potential, to reharness it and to experience healthy success with your colleagues and family.

### gain

- greater quality of life through work-life balance
- more personal responsibility for genuine expressiveness and decisions
- improved health through expressed feelings
- new role models in private and professional fields

### benefit

from our experience of over 1,000 successful projects and with over 25,000 participants in the fields of business, self-development, health and school. Benefit from research results and scientifically verified training programmes since 1974 and a network of over 50 independent resonance trainers.

**»People in resonance combine feelings with expertise and have charisma.«**