



+ who we are



Dr. Gundl Kutschera
Executive management, quality assurance,
training design

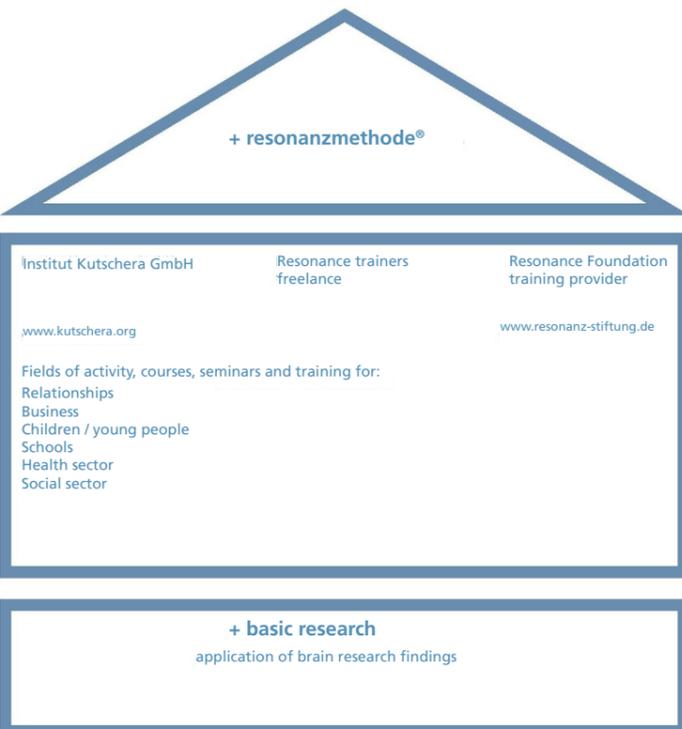
Sociologist, clinical psychologist, psychotherapist, trainer, teaching supervisor. Author of several books. Trainer, speaker and university lecturer in Europe and the USA since 1974. Founder of the Resonanzmethode® and the training institute.

Resonance Team

The Resonance Team features an international network of resonance trainers. They are experts in a range of professional fields (business, education and health) and attend obligatory courses on an annual basis.

Resonance Foundation

Since 1986 the teaching and research effort at the Kutschera Institute has been enhanced by the basic research conducted by the Resonance Foundation which was founded and continues to be funded by Dr. Gundl Kutschera. The Foundation intends to adopt a scientific approach in researching the connection between good health and success and exploring how individual and social skills can be taught and learned.



+ resonanzmethode®

The Kutschera Institute works on the basis of the Resonanzmethode® which Dr. Gundl Kutschera first established in 1974 and has continued to refine ever since.

Resonance is a notion which comes from physics: it demonstrates how objects separated by distance can oscillate with each other. By using the Resonanzmethode® you understand how you can live in harmony with yourself and those around you.

We enjoy the fruits of success when we are walk into the future with inner strength, balance and confidence.

The Resonanzmethode® combines theory, research and practical experience and is applied in countless fields (children, adolescents, family, health, business, education and training, regional development and intercultural cooperation).

The Resonanzmethode® enables you to

discover

hidden skills you rarely use and to use these in a new way in order to enjoy good health and success with your colleagues and family.

achieve

- + greater quality of life by achieving an optimum work-life balance
- + greater self-responsibility by integrating the real you into your presentations and decisions
- + better health by expressing your true feelings
- + benefits from new role models in the private and professional fields of your life

profit

from our experience of over 1,000 successful projects involving over 18,000 participants in the fields of business, personality development and training programmes since 1974 and a network of over 100 freelance resonance trainers.

people in
resonance are
healthy and
understand
their bodies
messages

Information and advice

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institutekutschera
Communication in Resonance

institutekutschera
health



share in and successfully create the joy of healthy life with others

+ health in resonance

At times of change when we are exposed to great stress and pressure it is important to have an inner sense of balance in order to be healthy and successful.

Our bodies possess their own unique wisdom and the body has a wealth of resources at its disposal. Yet this potential remains inaccessible in certain situations. We feel stressed, ill or simply unwell. By understanding the messages our bodies send us we can activate our sources of energy. And then we begin to discover the importance of good health and how we can successfully achieve a successful work-life balance.

We can help you overcome:

- + stress and fears
- + burnout syndrome
- + pressure and nightmares
- + eating and weight problems
- + migraine
- + back pain
- + hypersensitivity, e.g. allergic reactions
- + acute and chronic ailments
- + drug abuse and addictions
- + autoimmune and autoaggressive reactions, etc.

Contents:

- + learning to pay attention to and appreciate your body again
- + perception and expression of feelings and needs
- + learning to understand your body's messages (major and minor symptoms)
- + activating your powers of self-healing
- + healing and accepting the wounded child in you + integrating health as an important value in life
- + living healthily and happily
- + enjoying the good sides of life even with chronic illnesses

Procedure:

In a respectful group session participants rediscover access to their own natural resonance which is interrupted by illness. Exercises, music, movement and mental training enable you to find out what's good for your body and how you can live a happy and successful life with others.

Offers in your region:

- Health groups on a monthly/weekly basis
- intensive health weekends
- individual coaching
- courses and training seminars
- customised offers for companies:

Target group:

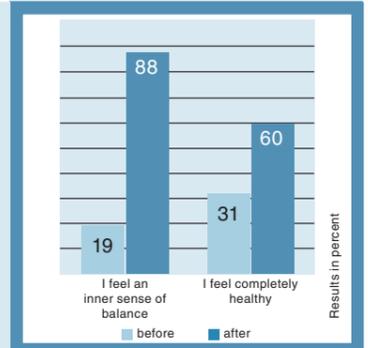
Everyone wishing to become and stay healthy
 individuals, groups, companies
 prevention of stress, burnout syndrome and addictions
 chronically and acutely ill people

We would be delighted to personally advise you on the kind of programmes that are ideal for you.

+ results of our scientific evaluations

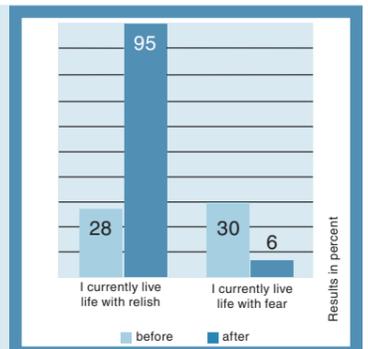
+ Health

"I feel an inner sense of balance" rose by 69%.
 "I feel completely healthy" rose by 29%.



+ Quality of life

"I currently live life with relish" rose by 67%.
 "I currently live life with fear" fell by 24%.



+ Work-life balance

"Satisfaction with private life" rose by 20%.
 "Satisfaction with work" rose by 28%.



+ Less pain and fewer health complaints

The number of participants citing head and back complaints was noticeably high (20% and 56% respectively). These symptoms fell by 6% and 18% respectively after the seminar, indicating an enhanced feeling of well-being among the participants.

