

+ who we are



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

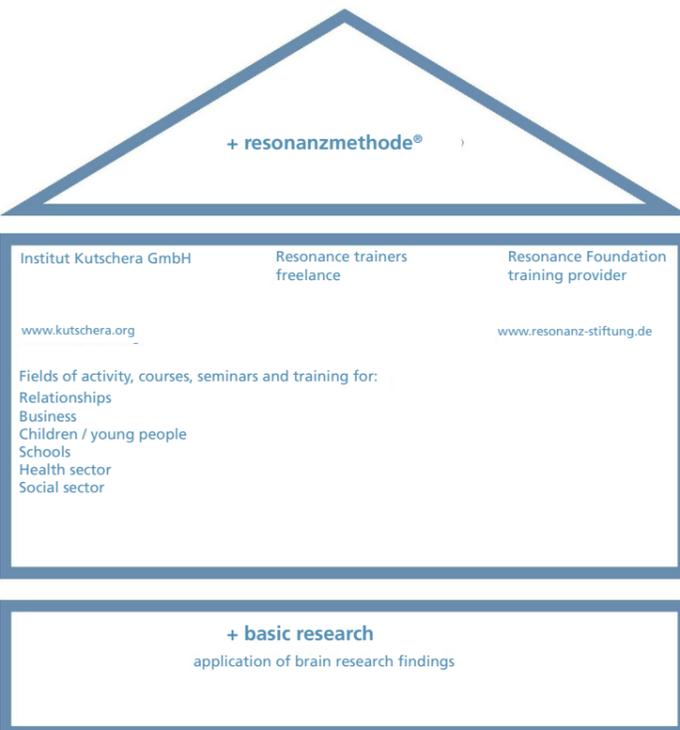
Sociologist, clinical psychologist, psychotherapist, trainer, teaching supervisor. Author of several books. Trainer, speaker and university lecturer in Europe and the USA since 1974. Founder of the Resonanzmethode® and the training institute.

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 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.

children and young people successfully get through school and approach the future with confidence

Information and advice
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institutekutschera
Communication in Resonance

institutekutschera
school



teachers, parents and pupils join hands in creating a school everyone likes to go to – one which makes them proud of their personal achievements

+ learning in resonance: success at school – presenting yourself with self-confidence

By giving children inner strength and a feeling of inner balance we help to improve their academic performance and enhance their social relationships.

We offer support

A qualified team using the latest findings in brain research offers solutions and improvements for:

- The classic “I can’t be bothered” syndrome
- escape into virtual worlds (computers, TV, etc.)
- shyness
- low tolerance of frustration
- gifted pupils and impulsiveness
- difficulties in concentrating
- learning difficulties (e.g.: in spelling and arithmetic)
- Health problems (e.g.: autoimmune or autoaggressive reactions)
- Fears and nightmares
- ADS and ADSH

Contents & Benefits

- + good school grades and school graduation become easily attainable
- + finding new and successful learning strategies
- + overcoming shyness – presenting yourself with self-confidence
- + discovering inner strength and a sense of balance
- + preventing addictive or compulsive behaviour and bullying
- + finding the right school, course of study and career
- + discovering what friendship means
- + respectful relationships with parents, teachers and friends

Procedure

New learning techniques developed in the course of resonance research (such as the inner learning computer) enable children to discover their mutual strongpoints in an atmosphere of interest and respect. By using them successfully at school, children develop self-awareness and release their inner potential.

Evaluation of results

The results of our work with children and young people have been scientifically evaluated for years. This enables us to achieve replicable and predictable results.

Offers for children / young people:

- one-on-one talks
- groups
- projects for school classes

Offers for parents, teachers and everyone dealing with children:

Successfully help children and young people to develop their potential in a healthy, confident and happy environment.

In this field we offer:

- ongoing groups
- child and youth coach training course

We would be delighted to personally advise you on the kind of local programmes we offer for you and your children.

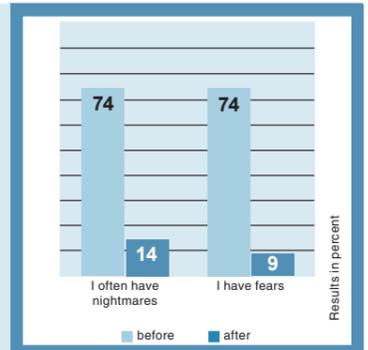
+ results of our scientific evaluations

+ Facing the future with confidence

“Children with an inner sense of resilience have the confidence to find their way in the future.”

We cannot offer our children assurances that they will find secure jobs in future. We can only help them to achieve an inner sense of balance and resilience that enables them to have the confidence of finding their own way in the future.

- “I often have nightmares” fell by 60% (see chart).
- “I have fears” fell by 65% (see chart).
- “I look forward to becoming an adult” rose by 14% (from 46% to 60%).

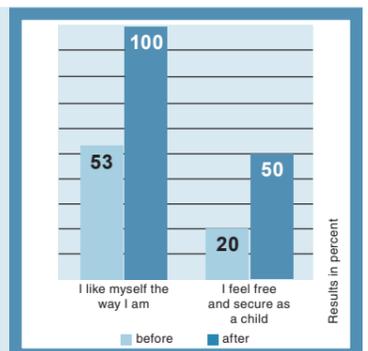


+ Personal responsibility – avoiding addiction

“When children have feelings of both physical wellness and inner balance, this improves their self-confidence and subsequently their individual and social skills too.”

These children/ young people no longer rely on the feedback and approval of others to be able to make decisions, rather they know themselves what is good for them and what isn't.

- “I like myself the way I am” rose by 47% (see chart).
- “I feel free and secure as a child” rose by 30% (see chart).
- “I rarely get upset by things” rose by 15%.

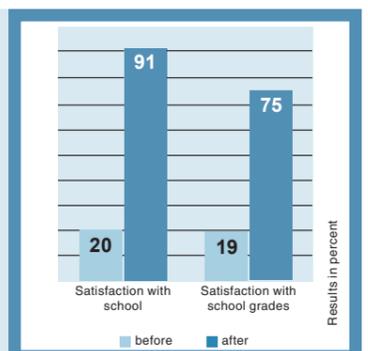


+ Creating conditions for optimum performance

“In sport it’s important to acquire and practice individual skills. Winners are invariably people who manage to remain relaxed and maintain full concentration in competitions.”

The same is true of taking exams. Children learn to use this „state of resonance“ to attain top achievements and perform at their best when they are required to give talks or take exams at a particular time in a particular place.

- “Satisfaction with school” rose by 71 %.
- “Satisfaction with school grades” rose by 56%.

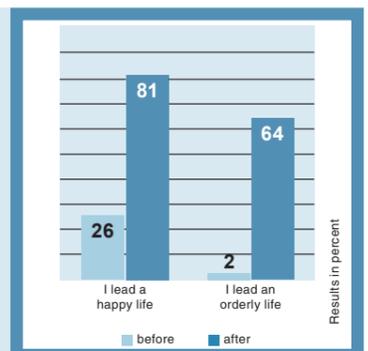


+ Peer pressure and bullying

“By separating people from their behaviour you can teach them to share respectfully in a group experience independently of how they feel on a particular day.”

There is a correlation between enhanced self-esteem and established social behaviour. Once children learn to live healthily and experience resilience and a sense of inner balance they are no longer at the mercy of aggressive behaviour (i.e. teasing or physical violence, etc.) on the part of others.

- “I lead a happy life” rose by 55% (see chart).
- “I lead an orderly life” rose by 62% (see chart).
- “People look at me/laugh at me as if I’m strange” fell by 11% (from 68% to 7%).



Source: “Teaching personal and interpersonal skills” at the “Europa” secondary school in Mödling, 2002/2003