

Target achieving, life skill improving, meditation, de-stress, relaxation... A wide range of one-on-one personal sessions are ready for your client, costumers or employees, presented by Anselmo Maestrani, PEOPLECARE

The benefit of a proper personal training session is priceless valuable. Participants will be more capable to achieve and maintain important goals with the assistance from the trainer.

The session starts with a check of the persons' states and wishes.

The trainer will provide fully support

during the whole session and suggestions to improvement and motivation. Training could also focus on personal success, including other aspects of life such as relaxation and de-stress.

A 48-hour advance notice is requested for all personal training sessions. It can be held in English, German or Italian.

To book contact **+41 (0)78 711 57 57** or email **amaestrani@peoplecare.ch**



Anselmo Maestrani, a much sought after private trainer, mental health, success expert and author. His passion for personal coaching dates back to 2005 in Zurich. Since then he has undertaken a wealth of research into personal success as a way of creating optimum in life.

You can find out more about Anselmo Maestrani and PEOPLECARE on [www.peoplecare.ch](http://www.peoplecare.ch)

