

Annette Fährmann, would like to offer following workshop:

Encounter in Existential Coaching – The Process of Personal Existential Analysis (PEA) according to Alfried Längle

In this workshop, you will be introduced to the core model of Existential Coaching: Personal Existential Analysis (PEA). This cyclical approach is founded on the anthropological principles Alfried Längle, focusing on the individual as a unique and valuable counterpart. The process encourages addressing all dimensions of human existence, with particular emphasis on strengthening the spiritual dimension. As a result, participants gain clarity about their values and needs and learn how to make and consistently implement “good,” coherent decisions in an existential sense.

Following a brief theoretical overview of the underlying humanistic concept and the attitude (threefold openness), you will experience a practical demonstration of the PEA process in the workshop. Together, we will reflect on this method and discuss how to effectively integrate it into coaching, counseling, and leadership contexts. The workshop concludes with an open discussion round to clarify questions and explore potential applications.

Discover insights into the power of PEA to shape existentially significant decision-making processes—both for yourself and for the people you professionally support.