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Harry Siegmund

Psychologist, licensed
psychotherapist, coach,
NLP trainer (DVNLP)
Founder of the wingwave
coaching and
neurolinguistic coaching
method - NLC.



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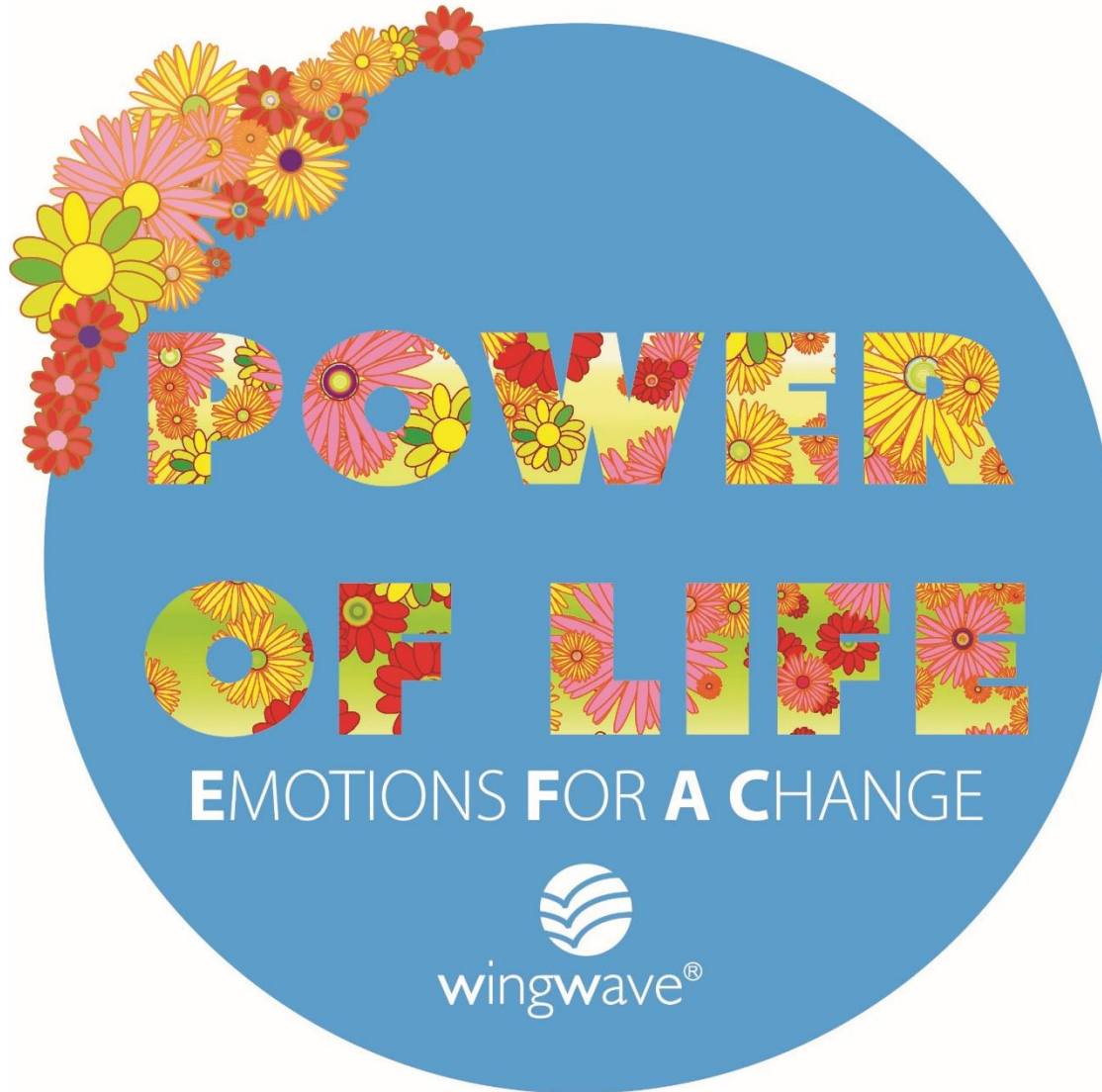


Lola Siegmund

Coach, NLP teacher trainer
(DVNLP), wingwave®
teacher trainer, B.A.
Business Psychologist
Founder of the
Neurolinguistic Coaching
method - NLC



**Researched through
over 20 University studies!**



Positive Emotions



The Pleasant Emotions / positive Emotionen



Joy/happiness/fun Freude, Glück, Spaß

Peace / Frieden

Love / Liebe)

Euphoria

Power

High self-esteem / Selbstbewusstsein

Unlimited freedom ("Born to be wild") / Freiheit

Contentedness/inner calmness / Frieden

Proud in the sense of reward
("I deserve that") / Stolz

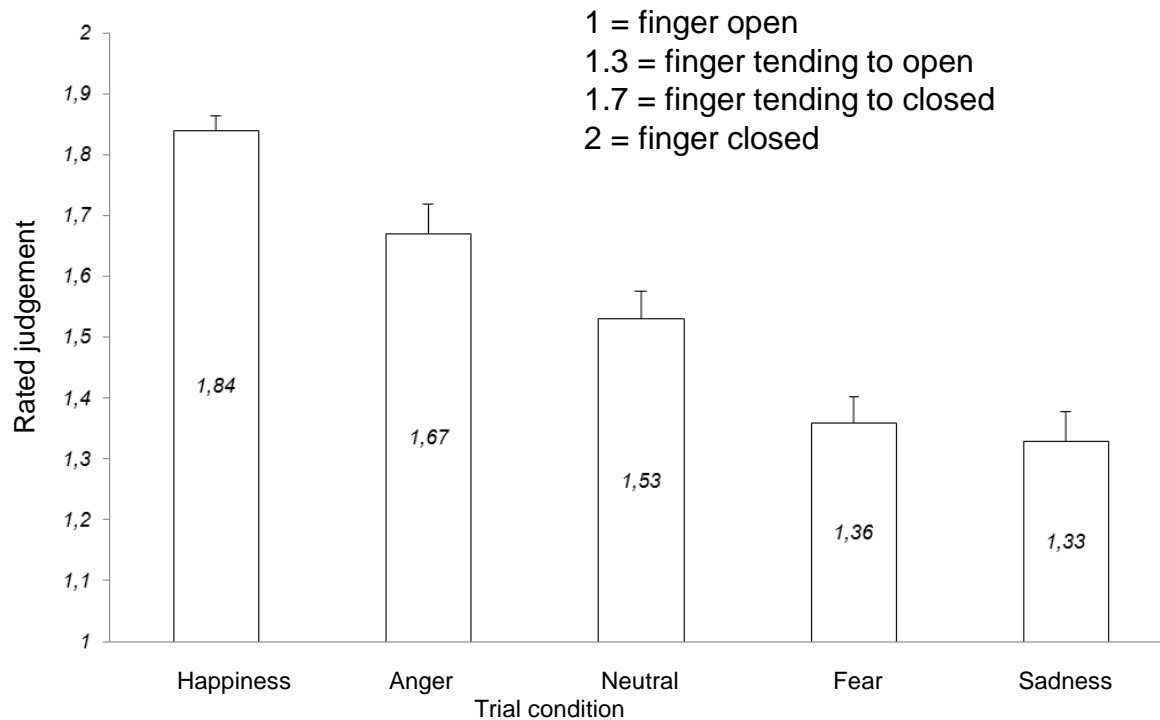
Feeling of security /
Sicherheit



wingwave research: The emotion joy brings the best effects for our muscle strength

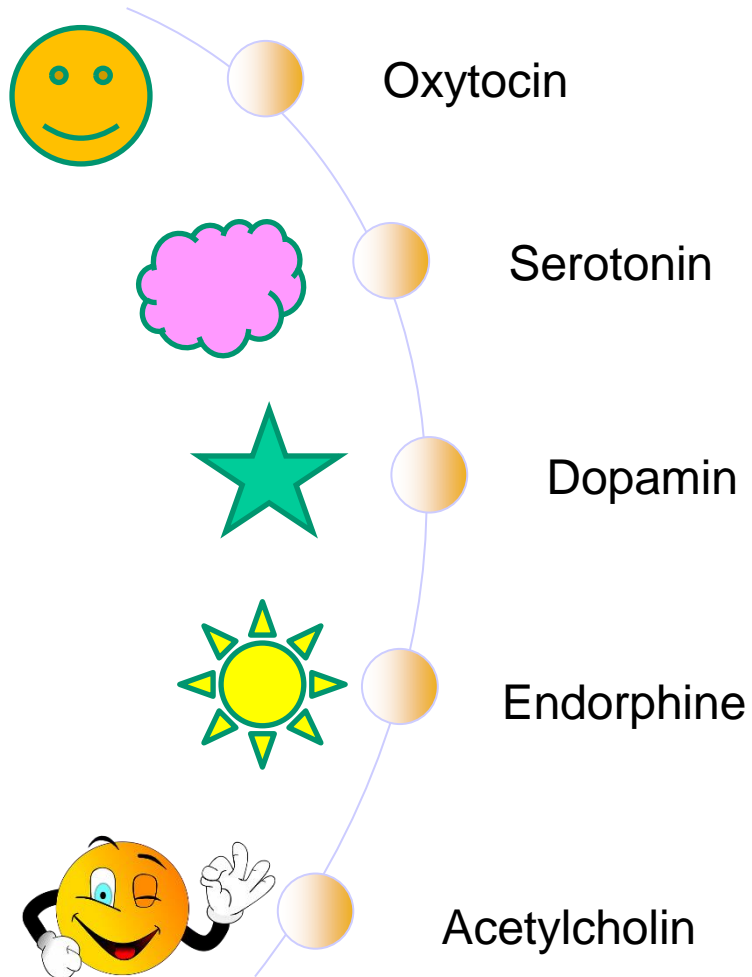


Results



Friedman-Test: $p < .01$

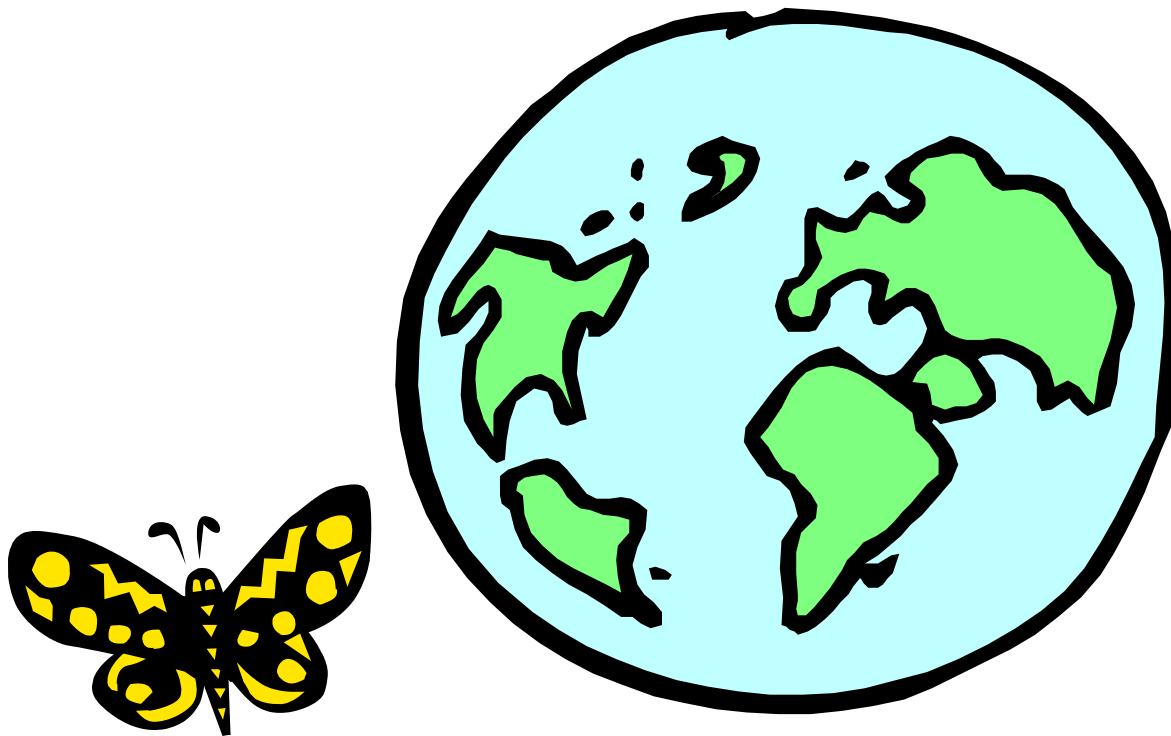
Nervenbotenstoffe für Ressource-Erleben



E M I O S
O T N

EMOTIONS

The wing beat of a butterfly's wing can change the whole Climate



A small panic attack can put your whole career in question



**Positive emotions cause optimal "brainwaves" –
the prefrontal cortex loves them!**



I have forgotten everything!



Training World Champion



Often we do not find the right words in important moments



Emotions

The unpleasant emotional qualities

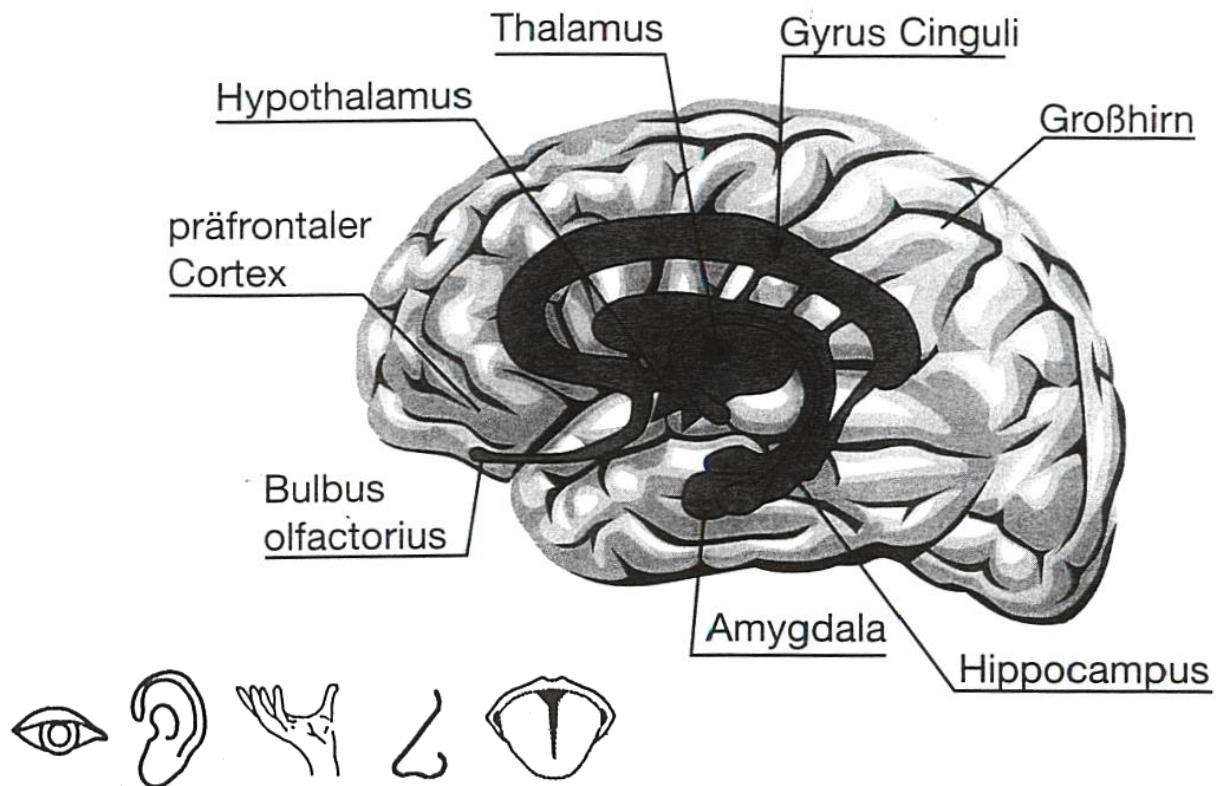
- Anger, annoyance, disgust, being irritated
- Fear, anxiety
- Sadness, pain loss
- Helplessness, powerlessness, being at the mercy of others
- Shock
- No feeling
- Surprise, confusion, “being in wrong place”
- Guilt, responsibility
- Shame, being insulted, being degraded, stained
- Disgust, hate, revulsion, reluctance, “horror”
- Boredom, not challenged enough
- Lack of interest, emotional coldness
- Contempt



*Sleep on it, then everything
will look different in the
morning...*



Das Limbische System



Download



REM: RAPID EYE MOVEMENT



„Awake“ Eye Movements

EMDR

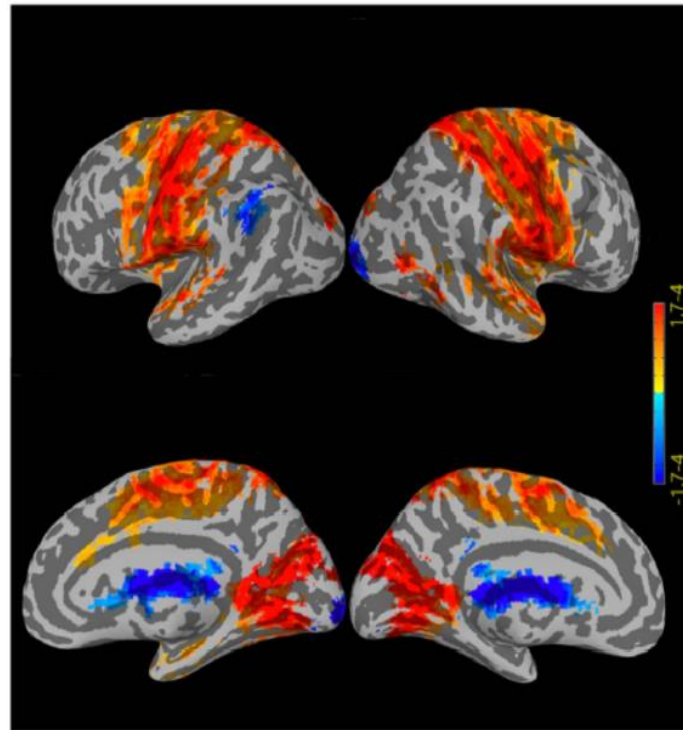
E ye
M ovement
D esensitization and
R eprocessing

wingwave in the Sky

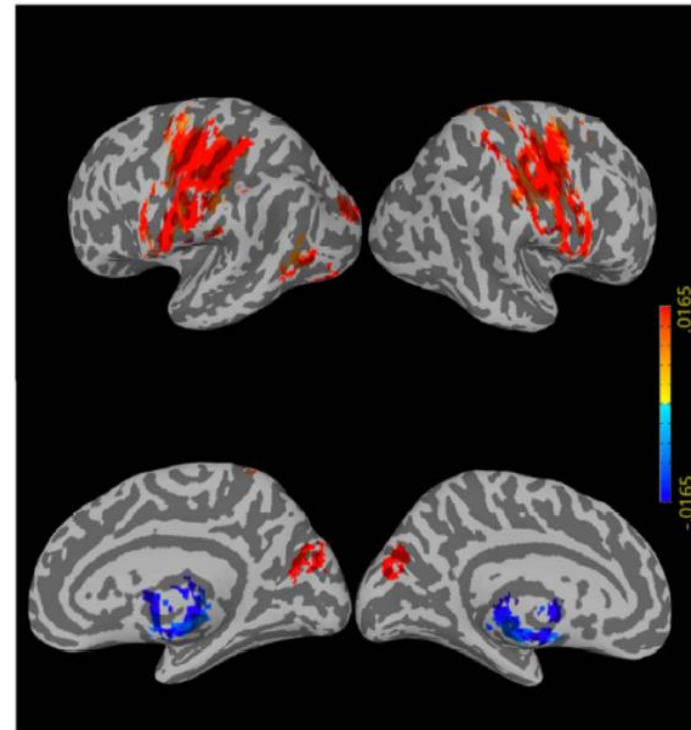


Connectivity Map

Left: Eye motor skills - Right: motionless gaze



A) Convolved EO-EPI regressor



B) Raw EO-EPI regressor

Koba, C., & al., e. (27. März 2021). Spontaneous eye movements during eyes-open rest reduce resting-state modularity by increasing visual-sensorimotor connectivity. *Network Neuroscience*, S. 1 - 26.

Browser tabs: Rupea Festung Rumänien - Bing, Rupea Festung Rumänien - Bing, wingwave-shop - Bing, wingwave-Selbstcoaching - wing

Address bar: <https://wingwave-shop.com>

Navigation bar:

- wingwave®shop
- Suchen ...
- Alle Kategorien ▾
- Suchen
- Sprache Deutsch ▾
- Anmelden / Registrieren Mein Account ▾
- Warenkorb 0

Category links: Bücher ▾, Musik ▾, DVDs/Videos ▾, Weitere Produkte ▾, Blog

Main banner:



wingwave®
wingwave®-shop.com

Language: German

Taskbar: Windows 10 taskbar with icons for File Explorer, Mail, Chrome, Teams, Firefox, PowerPoint, Edge, and Word. System tray shows time 16:10 and date 23.04.2021.



E M I O S
O T N

wingwave-Music



Lowers the Arousal of the nervous System

Lowers the pulse rate

Improves the connection between
different brain areas

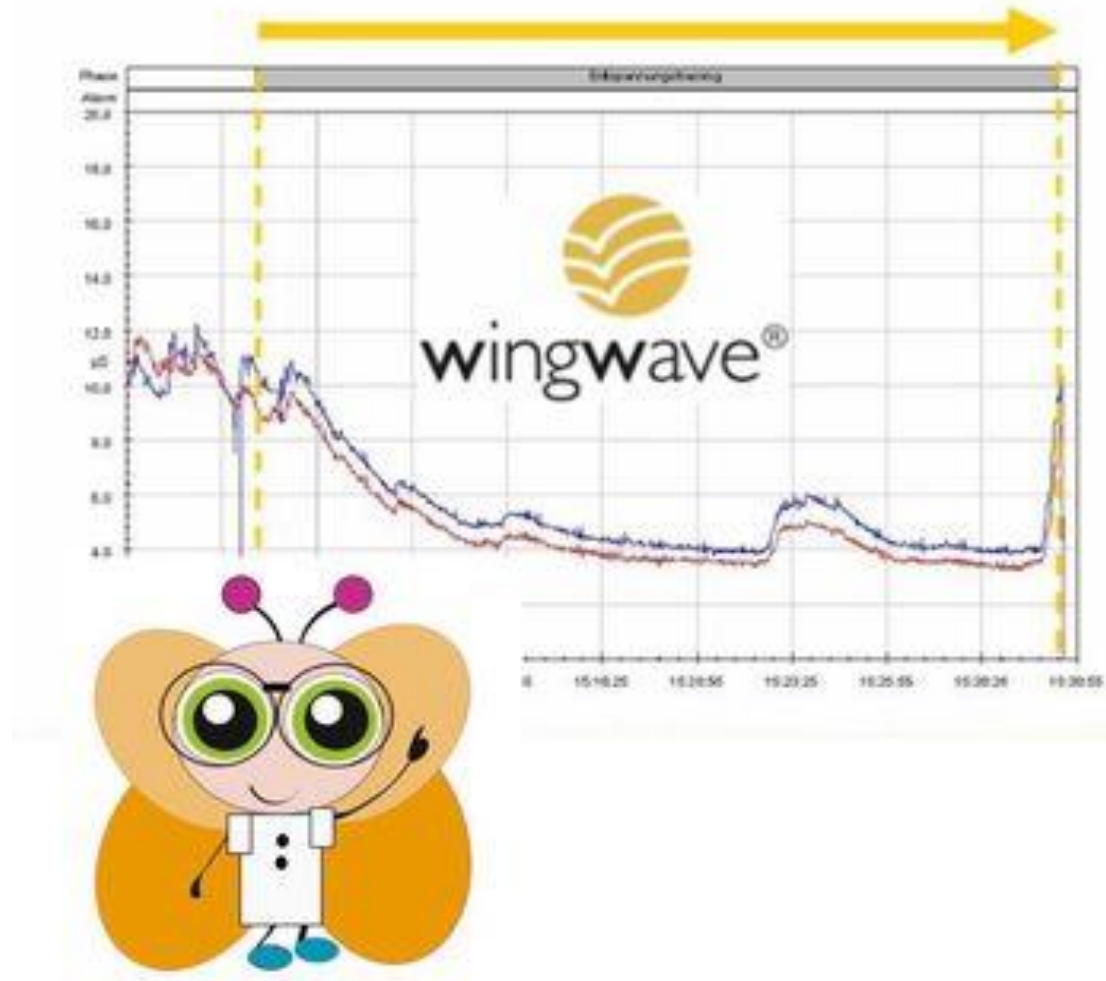
Improves learning performance

Improves sports performance

**Mountain bikers reach their destination faster if
they have heard wingwave music
Hanna Klein, Psychology Master of Science**



wingwave Music: skin resistance measurement shows positive „Arousal-Effect“



The Apps

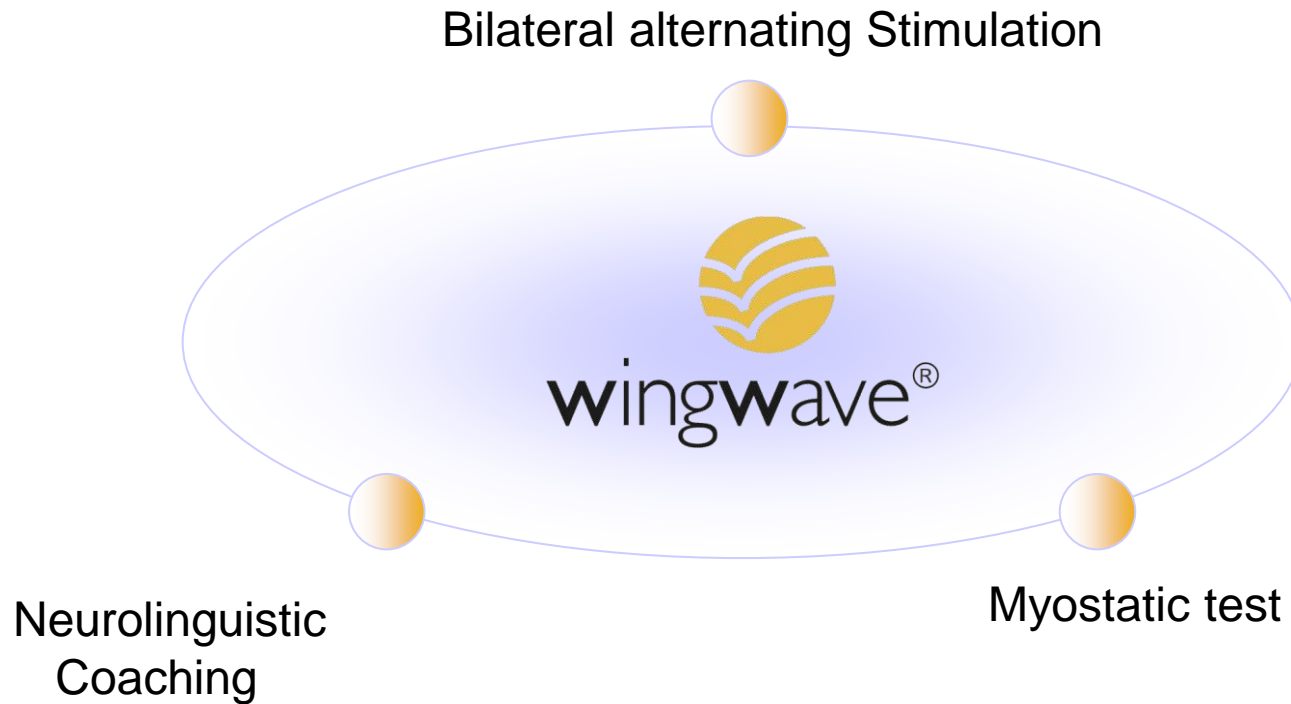




wingwave in the Sky



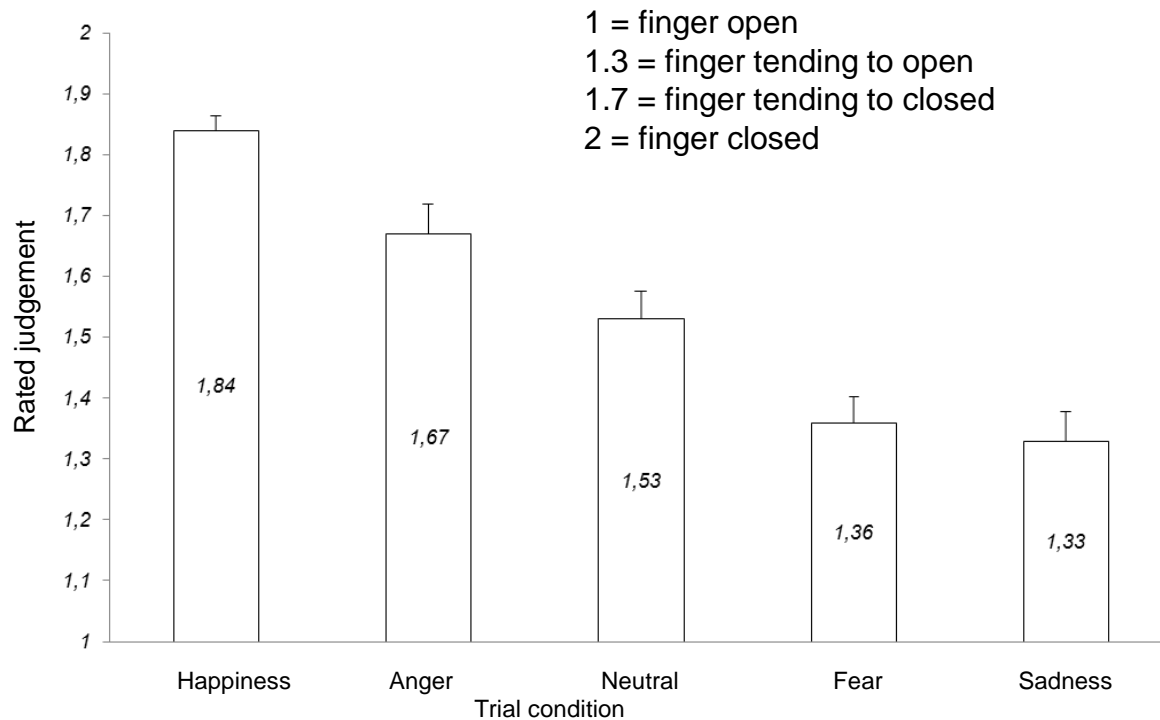
Methodical Elements of wingwave-Coaching







Results

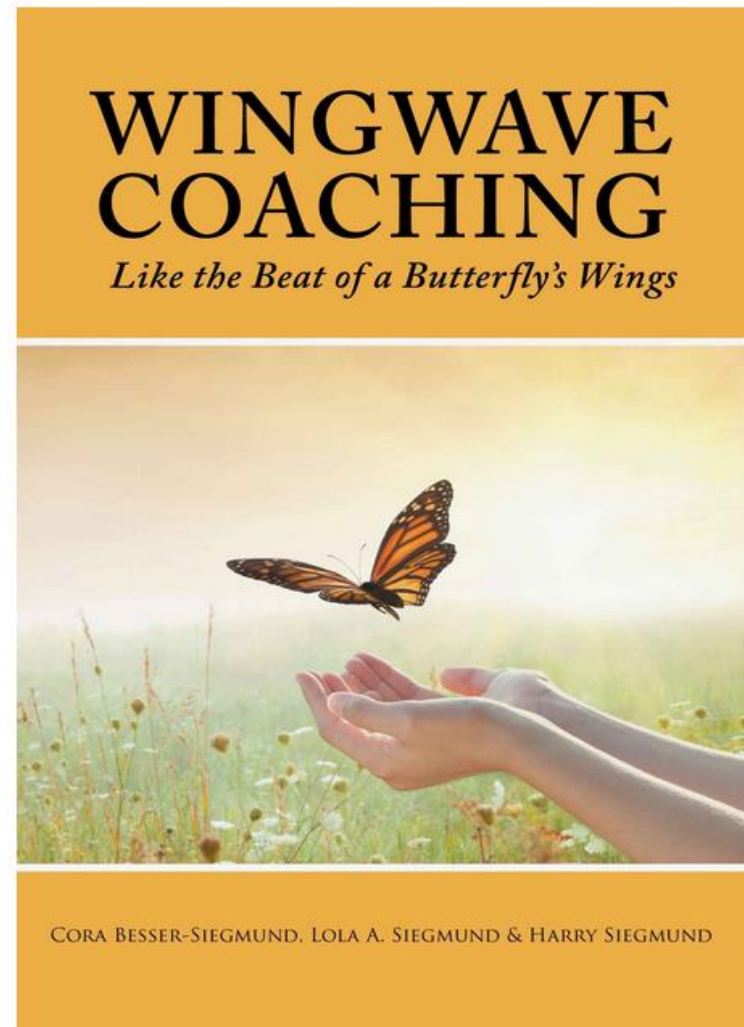


Friedman-Test: $p < .01$

Statement Tree: „Fortissimo“



Publisher: Caste Mount Media



40 Countries

40 Länder

40 Países



40 Pays

40 Paesi

40 Стран

Teaching Trainers



85 worldwide

wingwave-Coaches



Over 9000 worldwide

wingwave-Coachees



about 100.0000 worldwide



Consciously "walking happily" promotes our attention to positive things, especially also to positive words



Johannes Michalak, Universität Hildesheim, 2014



*Thank you for
your Attention!!!*

