



Learn a direct shift into authenticity, love, joy, inner peace, well-being, vitality, and connectedness ... your true self!

Learn a direct shift out of old patterns and limiting beliefs

Welcome to the Immediate Shift Method™

Come learn an effective innovative method to regulate stress, transform old mental, physical and emotional habits, and achieve inner calm and rest. In our modern world with complex demands and intense pressure on our nervous system, everyone can benefit from being balanced and relaxed. In the three half-day workshop, you will learn how to shift out of the hook of reactive old patterns and into your heart – the way of being you love. Shift your anxiety into ease, your helplessness into *empowerment*, your self-criticism into *kind confidence*, your fatigue into *aliveness*, your negativity into *authentic joy*, and overwhelm into being *grounded, centered and relaxed* again.

“I highly recommend the Immediate Shift workshop to anyone with physical, mental or emotional challenges – basically anyone with a pulse – who would like the tools to create a powerful shift in their lives. Susann and Ernst are skilled facilitators who bring their particular gifts to make this work brilliant.” ~ Julia Abelsohn

With the Immediate Shift Method™ you have a practical self-coaching tool to ‘unstuck’ and retrain your brain, freeing your energy to ‘live fully alive’. The method applies the principles of Neuroplasticity and recent science regarding Heart-Brain interactions. When our nervous system is triggered into a stress state – any kind of physical, mental or emotional alarm – the brain adjusts by creating the ‘fight, flight of freeze’ stress reaction. An alarming effect of that is the shutting down or the over-stimulation of our vital systems: our nervous system, our immune system, our endocrine system, our cognitive system, our digestion and our sex-drive.

Research shows that 80 – 95% of all health issues are related to stress!

Info

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In 2017 there will be workshops in Edmonton, Calgary, Vernon, Munich, Hamburg, Copenhagen & Amsterdam.

For updates regularly check our website

Time 3 half days:
1 PM – 6 PM

Cost Equivalent of :
\$585 / \$680 CAD

We work in small groups - space in workshop is limited to 10 participants!

“I could not have been more delighted with the Immediate Shift workshop. Susann and Ernst facilitated with warm-heartedness, humor, kind insight, and an ease, which made the group feel very safe and connected.

I must say that the person I was when I started the workshop on Friday afternoon, burdened with stress and exhaustion was not the same person who left on Sunday afternoon! I have new eyes to see the world.” ~ Vistara Conway, Registered Psychologist

The Immediate Shift Method™ follows a sequence of positions, guiding you to shift from being stuck into wholesome balance. In 3 – 5 minutes!

Step by step you learn to disengage from limiting ways and negativity, to slow everything down, to relax your breathing, to shift into your heart and to make the conscious choice and commitment to live your life in a sustainable way. In connection with the inner wisdom of your heart, and outer resources you deeply know and love, you coach yourself into an authentic way of being. Fully embodying this way, with congruent attitude, posture and expression, makes sure this new way becomes deeply engrained in the architecture of your brain and your nervous system. Heart-intelligence, activated in your whole body, becomes integrated in your life, effortlessly and playfully.

Participants enjoy that applying the method takes them beyond mental change. They love feeling and embodying their shifts. And they love finding new perspectives how to ‘live fully alive’. New attitudes, actions and realizations naturally come through. Participants immediately experience more ground to deal with daily life in a peaceful, clear and spacious way.



“The Immediate Shift workshop has provided me with a profound method that allows me to shift, out of bad habits like night-time snacking, grumpy interactions with my husband, fearful thoughts that hold me back, and times of stress and overwhelm, to name a few. I am very excited to have a method that is quick (yes, 3-5 minutes) and that I can apply ALL BY MYSELF.

This is incredibly empowering!

After dedicating myself to catching each trigger, every small troubling thought, and every negative state of mind, I found an overall sense of peace growing in me. I am deeply grateful to Susann and Ernst for creatively developing this effective approach to change and healing, and for assisting each participant to be the best they can be.” ~ Pam Algar, Registered Psychologist



The Immediate Shift Method™ was created by Holistic Life Coaches Susann and Ernst von Meijenfeldt. Together, Susann and Ernst have a combined background in many different approaches including Integrated Philosophy, Hakomi (Mindful Somatic Psychotherapy), Re-Creation of Self (R-CS), Process Work, Focusing, CoActive Coaching, HeartMath Resilience Coaching, Awakening Coaching, Holotropic Breathing, Releasing, Attitudinal Healing, Self-Compassion Work, EFT and Havening. Their vast array of training and depth of resources enables them to provide the group with a safe and supportive space, and provide individual participants with tailor-made training and feedback during the workshop.

>> to register go to our website – www.immediateshift.com - also for more info and testimonials <<