

Invitation Training for „Licensed Sleep-Healthy-Coach according to Prof. Günther W. Amann-Jennson“

In this basic training, you learn the theoretical and practical basis of sleep biology and sleep psychology. This enables successful working with clients who wish to improve their sleep on all levels. There, a whole range of proven natural methods, concepts and strategies as well as question- and measurement methods are available. At the same time, with the basic training you acquire a license for sleep-healthy-coaching incl. integration and networking with the network of the “Institut für Schlafpsychologie und Schlafcoaching (Institute for Sleep Psychology and Sleep Coaching)” of Prof. Amann-Jennson, including SAMINA.

When: February 17th-19th, 2019
Sunday: 04.00 p.m. to 06.00 p.m., SAMINA Akademie
Introduction/Organization
About 06.15 p.m. drive to Aktivresort Valavier, Brand
About 07.00 p.m. joint dinner



Monday/
Tuesday: in each case from 09.00 a.m. to 05.00 p.m.
Where: SAMINA Akademie, Frastanz/Austria
Instructor: Prof. Günther W. Amann-Jennson
Costs: € 1.470,00 per person
Incl. hotel (single room/half board), training documents,
snacks and drinks during the seminar,
follow-up assistance (email, Skype, webinars)

Maximum number of participants: 10-15 persons

SAMINA-Hotel: Aktivresort Valavier ****s, Brand,
<https://www.valavier.at/de/> | SAMINA Hotel



Training as a licensed sleep-healthy-coach

The “Institut für Schlafpsychologie & Schlafcoaching” is specialized in supporting the development of the health potential based on holistic sleep health. The “training as a licensed sleep-healthy-coach” transports this knowledge. A sleep-healthy-coach is a competent contact person for people who wish to sustainably optimize the conditions for their individual sleep health and physically and mentally fitness. Here, it is not only about transport of knowledge but also about an implementation of existing and acquired knowledge with regard to the connections of health, fitness, power, vitality and sleep. Centre stage of all efforts are the optimization of the constant basic key factors bedroom - sleeping place - bed system and the variable sleeping- and living-habits.

Curriculum

At first, you learn about the findings in sleep science, sleep medic and sleep biology, about communication, order clarification and relationship formation in consultation. Then, you are taught how the sleep-healthy-coach can support his clients in their daily self-organization and their nightly activation of their self-healing-powers. The training is also personality building and health supporting, hence the participants benefit twice: professionally and personally.

Target group

This training aims at all persons who wish to combine sleep health with their existing education and work.

In the non-medical/therapeutical field:

- Coaches
- Health-, fitness- and wellness-trainer
- Sport trainer
- Personal coaches

Here, the training may serve as second mainstay or as additional qualification in the occupation held.

In the medical/therapeutical field:

- Doctors
- Psychologists
- Alternative practitioners
- Therapists



- Specialists in health professions

The training is a valuable additional qualification and reasonable completion.

Training modules

Seminar contents part 1: basics

- Sleep research – sleep medicine
- The most common sleep disturbances / causes
- The stressed society is constantly growing
- 80 per cent of the working population suffer under sleep disturbances
- Sleep is the most important catalyst of health
- The disturbed, non-restful sleep and its consequences
- Brain and sleep – simple sleep measurements
- Biorhythm – light – earth's magnetic field – electromagnetic pollution
- Sleep- and hormonal disturbances due to fitness training?
- The three pillars of health and fitness: sleep – exercise - nutrition
- Optimal coordination of sleep – nutrition – fitness-training – rest.
- Why muscles are important for sleep
- Melatonin and serotonin
- Test questions

Seminar contents part 2: basics of the SAMINA sleep-healthy-concept

- Bioactive SAMINA materials and their workmanship
- Manufacturing of the products (production tour)
- The healthy, bioenergetic sleeping place
- The holistic SAMINA sleep-healthy-advice
- Basic pre-conditions and key factors of healthy sleep
- The SAMINA sleep-healthy-concept
- Large-scale body grounding protects from electromagnetic pollution
- Stabilization of the earth's magnetic field improves sleep
- SAMINA Gravity (inclined sleeping)
- SAMINA SoundLife Sleep System® (MusicMedicine during sleep)
- Healthy Sleep is a tool for success in sports – optimal regeneration and more success in training and competition





Seminar contents part 3: SAMINA sleep-healthy-concept

- Sleep-healthy-advice with SAMINA
- Opportunities for cooperation with existing network
- Presentation – lie down and test
- The online sleep-magazine www.simply-healthy-sleep.com with 130.000 visitors per month
- Communication, advertising, internet

Seminar contents part 4: the hotel-concept POWER SLEEPING ROOMS®

- Sleep is measurable
- Brain and sleep
- From the sleep laboratory to the ambulatory sleep measurement
- The conception “wellness during sleep – learn and experience healthy sleep”
- POWER SLEEPING ROOMS® care and maintenance
- Seminars sleep-healthy-coaching

Training documents

The theoretical basics are presentation (PowerPoint), specialist books, manuscripts, 200 videos of Prof. Günther W. Amann-Jennson as well as the online magazine www.simply-healthy-sleep.com



We are looking forward to welcoming you at the SAMINA Akademie in Frastanz!

With the participation in this training seminar to a “licensed sleep-healthy-coach” you also acquire the license to act in the name of Prof. Amann-Jennson.



Registration Form

Registration deadline: 4st of February 2019

Please fax to SAMINA Akademie:

Fax-Nr. +43 (5522) 53500-20

Or send an email to: akademie@samina.com

- ☐ Yes, I participate in this interesting trainings seminar.
- ☐ I transfer the participation-fee of € 1.470,00 (incl. VAT) before the seminar begins to the account IBAN AT64 3742 2000 0003 5162, BIC RWGAT2B422.
- ☐ No, unfortunately I can't participate at this date, but I am still interested.

Name
My education
My current profession

In future, I plan to work as sleep-healthy-coach

- ☐ part-time
- ☐ full-time

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Date / signature

