

# FEPSAC CONGRESS 2024

**WE INVITE LIFE AND  
BUSINESS COACHES TO  
FEPSAC 2024**

## LIFE AND BUSINESS COACHING

PERFORMANCE UNDER PRESSURE IS A KEY AREA ADDRESSED IN BOTH LIFE AND BUSINESS COACHING. COACHES WORK WITH INDIVIDUALS TO ENHANCE THEIR ABILITIES TO THRIVE IN HIGH-STAKES SITUATIONS, WHETHER IT'S IN PERSONAL LIFE CHALLENGES OR PROFESSIONAL ENDEAVORS.

WE INVITE LIFE AND BUSINESS COACHES TO JOIN OUR CONGRESS TO DISCUSS TOPICS LIKE IDENTIFYING PRESSURE POINTS, MINDSET COACHING, STRESS MANAGEMENT, GOAL SETTING AND PRIORITIZATION, SIMULATION AND ROLE PLAYING, COMMUNICATION SKILLS, DECISION MAKING STRATEGIES, BUILDING CONFIDENCE, TIME MANAGEMENT, FEEDBACK AND REFLECTIONS AND ACCOUNTABILITY.

YOU ARE WELCOME TO ATTEND THE FEPSAC 2024 CONGRESS, WHETHER OR NOT YOU PLAN TO GIVE PRESENTATION.



MENTAL EXCELLENCE



[WWW.FEPSAC2024.EU](http://WWW.FEPSAC2024.EU)