





Martina M. Schuster

# AuditiveCoaching© Coaching with Music, Sound and Song

Introduction to a new method with ancient roots

## IMPRESSUM

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## ABOUT THE AUTHOR

Martina M. Schuster works as a coach, consultant/counsellor, author, singer, music therapist and entrepreneur. To introduce the resources of music, sound and song to the methods used in classical coaching on the one hand and to inspire people on the other – to reactivate these important resources instead of simply consuming them – are central aspects of her work. About ten years ago she started to explore the effects of music, sound and voice in coaching and subsequently incorporated them in her coaching sessions. Thus AuditiveCoaching© was born which now also offers training in the field.

Mrs Schuster studied business economics and management as well as psychology and for more than twelve years sat on the executive board of an innovative, internationally active company before focussing on psychosocial health and wellbeing.

More about the author on her website:

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