

Self-care is the best care.



Monika Alicja Pohl was born March 3rd 1974 in Poland and grew up in Bonn, Germany, where she graduated from high school. After her studies in Psychology at Harvard University, Boston, MA, she started her career as a physiotherapist. She worked in public health service for many years, pursuing further education in workplace health promotion and health prevention. The specialization led to her current work as a trainer and coach for various companies and organizations in the German-speaking world. She lives near Cologne with her husband and two children.

Monika A. Pohl is an expert for soft skills in business. She thinks and acts according to holistic principles. Her belief is that we can only give our best at work when we look after ourselves. Her passion lies in supporting individuals during change processes and encouraging new behaviors and ways of thinking. Self-determination is an important factor in the strengthening and development of one's own skills and resources – and it's a subject on which Pohl offers numerous talks, coachings and in-house training sessions. She is director of the Physioyoga Akademie and incorporates yoga and meditation as a source of mindfulness in her work. She is the author of numerous advice books on personality and self-help.
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What readers say about Monika A. Pohl and her work:

“Monika Pohl’s writing style is emphatic and sensitive. It is an invitation to more mindfulness and more reflection.”

“Her books are close to practice - always. You experience coaching while reading.”

“Monika Pohl’s examples and nuanced language are creating images in my mind. They give me contextual understanding in a full emotional range.”



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