



THE BRIDGE

A guide from Personality to Soul

From your identity back to who you truly are, your essence

In most forms, coaching focuses primarily on a cognitive approach to helping people. Even holistic approaches still only shed light on a part of the human being. That is why I consistently find that talking alone does not reach the most repressed parts of ourselves, and I feel the need for a truly holistic approach. People's quest for higher consciousness calls for more far-reaching and deeper forms of guidance—reflecting a person in their entirety.

By combining my body- and experience-orientated approach with a person's own inner wisdom, "The Bridge" enables them to access much deeper or more far-reaching insights into their true nature and not only facilitates further healing. Above all, it addresses the question, "What am I actually here to do in this life?" I do this primarily to tap into a person's far more expansive intelligence—beyond rational thought—for guidance: emotional intelligence, bodily intelligence, and the Soul (no, that's not a typo; it's a capital "S"—you'll see why):

- The "Vision Quest" component—the *heart* of my work: *Quantum Healing Hypnosis Technique* (QHHT—Dolores Cannon) is a gentle yet profound mirror of the soul, a loving invitation to connect directly with your Higher Self, your Soul, and the deep wisdom that lies beyond words through memories, symbols, and pure knowing. It is a direct, intimate conversation with the part of yourself that has never forgotten.
- The *Body & Mind Language* (BML—Jos Dolstra) coaching method. BML facilitates the preparatory work and an additional layer of integration: exploring the request for help without judgement and anchoring the insights in the body's memory. Instead of just talking about change, this shift is experienced!



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Body & Mind Language indiv., groups & teams / QHHT Level 2
20+ years of experience in the business world (primarily hospitality and life sciences) / 15 years in management roles, including coaching
3 years of coaching (practical experience and training)

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My approach works best for people who:

- Have already done quite a bit of personal development work but still can't break out of their patterns. They know a lot, but putting it into practice—truly living it— isn't working out (yet).
- Want to look at their lives and themselves as a whole to move beyond old stories and healing in order to integrate further inspiration into their lives so they can express their Soul (even) more fully.

The result is knowing how to:

- Recognise where blockages in the body and behaviour are located; by directly experiencing alternative possibilities, we can delve into the deepest layers and ensure that growth truly takes root.
- Connect (more deeply) with their true essence and values, and be able to exist from a (more) unconditional state of being without overstepping their own boundaries.