

Edition 01



# WHO'S WHO

INTERNATIONAL MAGAZINE



**German Chancellor Angela Merkel**  
Pro Euro – Pro Europe

**Principality of Liechtenstein**  
Small – Beautiful – Innovative

**Economic Forum in Berlin**  
Strategy for Cooperation  
Kazakhstan – Germany

**Hilti AG**  
Strong Brand – Strong Company



# UndergroundCoaching

The unusual and meaningful discipline of Personal Training.

**N**unzio Esposito is an unusual individual. His career began in the year 2000 when he trained athletes of varied fields, although his main interest was geared towards soccer and boxing.

Soon thereafter, and due to his individual and unusual training methods, he noticed a growing demand for Personal Training from private customers.

His credo that muscle-build-up and strengthening only fulfills the most obvious demand for strength, was something new at the time. However, the people with whom he was training usually had other deficits. They were afraid of failure and hardly capable of coping with the daily stress factor on the job and within the family.

Body and soul are one unit. This is certainly nothing new. However, making

oneself aware of the own weaknesses and accepting that truth requires much more courage than the denial or pretense that all is well. Recognizing the truth about oneself and consciously dealing with it means changing life in its fundamental principles.

„I give a plan for life instead of a plan for training. The initial physical training is part of a whole“.

That is easier said than done, since changes in familiar structures can easily lead to irritation and new uncertainties.

„A successful businessman invests up to 70 working hours per week to secure and increase his fortune. I regard the body as a business. But, how many hours is one willing to invest in this

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Photos: Nunzio Esposito

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complicated machinery? If we applied an amount of awareness and appreciation even close to that which we give our car or business, it would be possible to lead a happier and more fulfilling life.“

The actual accomplishment and success of UndergroundCoaching, developed and offered by himself, is represented by the individual known as Nunzio Esposito.

His serenity and the focus with which he works gradually transfers itself to those who meet him. He addresses the needs of each individual. He conveys to each individual their ability of consciously confronting themselves with their own weaknesses and finding the strength to question old habits, ways of thinking, as well as patterns of behavior, in order to break new ground.

Accepting responsibility and believing in your own success, while simultaneously reactivating the self-healing process and our own core instincts, is not easy. It requires willingness and willpower, patience and ease. It is a difficult ascent to a peak, which at the beginning seems unachievable. Yet, with the support of such an experienced and successful companion one can close the gap step by step.

WKB

*Climbing the Halemauu crater on Maui*

