

Cook^NCoach

A shared cooking experience for individuals, groups and companies. Coaching may be part of the occasion, but it is not required.

SCOPE & DURATION

An individual session lasts about three hours. We agree the occasion or topic, group size, kitchen, menu, dietary needs and location. It can take place in your kitchen, at a place of your choice or in another suitable shared setting. Preparing, cooking and eating together are central; reflection is added only if requested.

FRAMEWORK & BOUNDARIES

We agree the location, ingredients, venue hire, travel and other expenses beforehand. Allergies and dietary needs are clarified in good time. This is not a catering contract, cooking qualification or medical nutrition service. Groups and extras are quoted separately.

WHAT YOU RECEIVE

A shared experience with time to talk. If reflection forms part of the engagement, we record agreed insights and next steps.

BEFORE BOOKING

You can enquire directly about the cooking experience. Scope, location, group size and expenses are confirmed before booking.

[View current prices and terms](#)

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[Enquire about cooking](#)

Agree scope and location first

