

E I N F A C H C O A C H I N G

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Try out coaching...

In my work as a professional coach I support leaders and talents in business science and politics who may be going through a career or life transition, who want to fulfill a secret dream, who want to spend more time and energy on what matters to them, or even determine what their life purpose truly is. Since 2013 I have been a member of the MoBiCluP network.

My key strengths are...

- *Trust:* My coaching is based on a relationship of trust. This creates a comfortable environment to exchange openly and to experiment with new possibilities.
- *Focus:* stands for a (self-)confident attitude, clear decisions, and for focusing on your most important values and goals.
- *Ease:* coaching is good communication, which doesn't have to be difficult and even can be fun. Just like life.
- *Sustainability:* you (as the expert on your life) and I (as the expert on communication and learning processes) will search together for the best path to long-term solution and problem-solving skills.

Experience und Qualification...

- Coaching experience (2009 - till now)
- Certified Professional Co-Active® Coach (The Coaches Training Institute, San Rafael, California, USA 2013)
- Associate Certified Coach (International Coach Federation, 2013)
- Lumina Learning Qualification (2009)
- Trainer for Communication and Behavioral Skills (artop Institute at the Humboldt-University Berlin 2005)
- Executive Master of Knowledge Management (University of Chemnitz 2003)
- M.A. equivalent Economist degree (University of Jena 1995)

How to apply...

Send me an email with your request. We will schedule a time/date for the session immediately afterwards. The session can be done in person, on Skype or over the phone, in English or in German.