

Coaching

Definition

Systemic, solution-oriented coaching is a form of consulting that is defined by topic and time. Coaching is an individual process with me as a sparring partner for my clients in having them solve their problems by themselves. In doing so, I activate together with my clients their personal and professional resources in order to achieve both their individual coaching goals and sustainable changes in their lives. Please find the description of my approach as download at the end of this page.

Contents

Coaching topics could be:

- *Labor efficiency*
Improving your work technique and time management; finding and defining your professional role (e.g. in times of taking over new responsibilities); developing strategies to avoid burnout or bore-out
- *Communication coaching*
Learning how to communicate appropriately with clients, superiors or employees; becoming aware of your own personal goals and needs as well as the goals and needs of your dialogue partner; effective use of communication channels and tools
- *Leadership coaching*
Developing your personal leadership style; getting used to your role after having taken over a managerial function; improving target setting and performance reviews
- *Conflict coaching*
Recognizing your personal involvement and responsibility in a conflict and becoming aware of your own behaviour in conflicts; handling your own emotions as well as the emotions of your counterparts; solving of conflicts with the help of nonviolent communication; becoming aware of your own personal conflict pattern
- *Work-Life balance*
Understanding your personal values and needs; developing strategies to improve the balance between the different spheres of life
- *Personal and professional assessment*
Developing your long-term professional perspectives and goals; discovering your needs for personal and professional development; getting aware of your personal strengths and weaknesses (please find more information in [personal and professional assessment](#))

Contact

It would be my pleasure to come to see you in order to discuss a possible cooperation. I am looking forward to hearing from you ([Contact](#)).