

COACHING

Even experienced and capable employees reach their limits – not due to a lack of expertise, but because certain situations require more than knowledge alone.

Coaching as an alternative to resignation – in Zurich and online

In such situations, resignation is often considered as a solution. In many cases, however, the underlying issues are personal learning and development areas that your employees will carry into any new role.

Coaching addresses exactly this: we work on real situations from everyday working life, reflect on perceptions and question behavioral patterns. Your employees develop a new mindset – and with it, different behavior at the crucial moment.

In times of talent shortages, coaching is an effective contribution to employee development and retention.

My coaching focus areas

I concentrate on topics in which I have substantial experience:

- Communication within the organization and with clients
- Positioning and self-marketing (internal visibility and personal branding)
- Self-confidence: clarity about strengths and development areas
- Emotional management: constructive handling of one's own and others' emotions
- Personal and professional assessment: clarity about goals and direction

Find out more

Detailed information on the approach and practical details:

- For companies (website)
- For companies (PDF)
- For employees (website)
- For employees (PDF)

Your next step

If you have any questions or would like to discuss a potential collaboration, I would be pleased to hear from you.

Phone +41 (0)76 223 97 88 or via email, WhatsApp or Threema.

Articles on coaching (all articles)

- Subconscious versus mind – 1:0
- Role play – an underestimated concept!