

COACHING

You are capable of a great deal – and yet still find yourself stuck in certain situations. The issue is rarely a lack of competence, but rather a lack of room for manoeuvre.

Coaching instead of changing jobs – finding the right solution

Many people look for a solution too quickly by changing employer or pursuing a new career direction. A personal and professional assessment often reveals that the real challenges lie in personal learning and development areas that are carried into any new situation.

Coaching addresses exactly this. We work on concrete situations from your day-to-day professional life, reflect on your perceptions and question behavioural patterns. Greater understanding is the starting point – what matters is the resulting change in behaviour in everyday situations.

Coaching topics: communication, self-marketing, self-confidence and emotional management

I specialise in areas in which I have substantial experience: communication within organisations and with clients, internal positioning and self-marketing, strengthening self-confidence through an understanding of your own strengths, and emotional management as a key to self-regulation.

You expand your behavioural repertoire, develop your personality further and gain room for manoeuvre where you previously had little or none.

Personal development as a career factor

Anyone wishing to progress professionally needs to understand their own behaviour. Development does not mean becoming someone else – it means having more behavioural options. Coaching provides the framework for this and ensures that insights become effective in your day-to-day professional life.

Coaching in Zurich – and online

In person at Mühlebachstrasse 43 in Zurich (near Stadelhofen station) or online via MS Teams.

Find out more

A detailed overview of the service, the process and the general conditions:

- Coaching (website)
- Coaching (PDF)

Your next step

Sometimes a single session is enough to get things moving again. Sometimes it takes more. Whatever your situation – the first step is a conversation.

In a free 30-minute introductory meeting, you will get to know how I work and can then decide whether this approach suits you.

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

Articles on coaching (all articles):

- Self-hypnosis – an extensively practised art!
- If it cannot be solved, it is not a problem.