

MOTIVATION

At the age of 31, I found myself at a professional low point – and had to rethink my career. This experience shaped me – and ultimately led me to my profession.

Driven by personal experience

The start of my career was difficult. I left my first job after university after eight months for health reasons. I then spent four years in a role that did not match my inclinations and left my potential largely untapped. Following these experiences, I undertook a personal and professional assessment to reflect on my professional aspirations and needs.

These experiences motivated me to support others as a sparring partner: to recognise their potential – and to realise it in their professional lives.

Personal and societal value

We spend a large part of our lives working. It makes sense – and it is possible – to do something that suits us. Those who bring both talent and enthusiasm to their work are not only more satisfied, but also more successful.

A career aligned with one's own aspirations increases personal well-being while at the same time creating value for organisations and society.

Personal responsibility as an opportunity

Today, many people have the freedom to decide what they want to do professionally. This freedom is a privilege – and a responsibility. It challenges us to contribute to our own satisfaction and professional success through thoughtful decisions. This is exactly where I aim to support you.

Your next step

If you are wondering whether, for example, coaching or a personal and professional assessment would be useful in your situation, an initial conversation is worthwhile.

In a free, no-obligation initial consultation, you will get to know my way of working – and can then decide whether this approach suits you.

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

Articles on motivation (all articles)

- Rethinking meaning and sustainability in the workplace
- Career success through specialisation