

SYSTEMIC COACHING

Those who want to change their environment begin with themselves. That is the essence of systemic coaching.

Systemic coaching does not view individuals in isolation, but as part of a larger whole – a team, a department, or an organisation. Like family therapy, from which this approach originates, it focuses on recognising interdependencies. Our behaviour is strongly shaped by context. When we change our own attitude, we influence how others respond – and thereby shift the dynamics within the system. This requires a willingness to take responsibility for one's own role.

But not only our environment is a system – we are as well. Within us, different inner voices operate, often pursuing conflicting goals. Our decisions are usually the result of an internal negotiation. When this inner system becomes clearer, interaction with the external system also becomes easier.

Systemic coaching supports exactly this process – with clarity, responsibility, and a holistic perspective.

Articles on systemic coaching (all articles)

- When it is time to move on in your career
- And still idiots as far as the eye can see