

# Executive Coaching

A typical coaching process usually extends over a period of 6 months. You can usually expect six face-to-face meetings lasting around 2 hours, with telephone and email contact in between for urgent requests.

In an assignment clarification meeting, written goals are set, which can change and develop over time. The involvement of your manager is recommended, whereby confidentiality is strictly maintained.

Depending on the coaching assignment, it is advisable to use various assessments, such as 360° feedback, MBTI Step II, Conflict Dynamic Profile, Career Anchors or the Hogan Assessments.

I personally like to work with you in different places, because our environment influences the way we think and create. Depending on the coaching topic, the location could be a museum, a café, a theater stage, nature or even a conference room.

## COACHING-STYLE

In over 750 hours of coaching, my coaching style is often described as: direct, challenging, well-meaning, supportive, humorous, intuitive, pragmatic.

## COACHING-RELEVANT TRAINING

Gestalt OD training in Berlin at the IGG; constellation training with Insa Sparrer & Prof. Dr. Matthias Varga von Kibéd; NLP Practitioner Metaforum; mediation training at Harvard University; coaching training at the Hephaistos Institute; further systemic training

## Examples of Work

### TEAM AND INDIVIDUAL COACHING IN VARIOUS LEADERSHIP PROGRAMS

at e.g. Mercer, British Telekom, Lanxess and Deutsche Bank with approx. 150 Coachees, whom I coached regarding their 360° feedback.

### INDIVIDUAL COACHING OF SEVERAL TOP EXECUTIVES

of a large media company, including on the topics of strategy, presence and assertiveness.

### INDIVIDUAL COACHING OF VARIOUS TOP TALENTS

of a large consumer goods company on topics such as virtual teams, innovation, personal leadership style and next steps in your career.