



CNCONSULT®

VOM DENKEN ZUM HANDELN

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Strategy and Personal Development*

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In 1998 I started delivering professional coaching on the telephone and in face-to-face sessions to highly motivated, result-oriented, ambitious and courageous clients. Over the years, *Human Change Coaching®* evolved, which quickly helps create effective and sustainable shifts for my busy international clientele.

I work in German and English with my clients on their professional success, personal growth and having the great life they desire. As Executive and Business Coach my focus is on both the professional and personal issues of male/female managers, executives and entrepreneurs alike. The main areas of my expertise are:

- Executive and Management Coaching
- Authentic Leadership and Empowerment
- Strategic Planning and Implementation
- Managing Change Successfully
- Handling Emotionally Charged Situations
- Personal and Entrepreneurial Coaching
- Career Transition
- Living a Great Life

20 years of international business and corporate work provide me with extensive management experience in hi-tech, media, chemicals, logistics, mining, finance, M&A projects and with the world's leading management consultants.

Combining a solid corporate and business background with 12 years of professional coaching supports my clients in their "Quest for the Best". In co-creating the coaching process my clients achieve the results they desire. My warm personality and empowering approach are encouraging especially when faced with unexpected change and emotionally charged situations.

Wanting the best for my clients, I challenge them to flourish in their professional and personal lives. Pragmatic and solution-focused I am fully committed to my clients' success.

As coach, I partner my clients to become conscious of their present reality, gain a clear focus on what they want, which steps are next, how to create feasible strategies and implement them successfully, connecting them with their personal and professional values, uniqueness and authenticity.

Being a credentialed and active member of the International Coach Federation (ICF) I follow their Code of Conduct as well as their Ethics and Standards. Continuous learning and development, professional supervision and pursuing further credentialing raise my work above standard and provide it with the innovative edge making all the difference.

In my private life I love beauty and nature, engage in reading and writing. By gifting coaching to those less privileged I express my gratitude for the great life I am having.