

## COACHING

### Success through personality development

Even if you have the right job in a good environment, you will be confronted with challenges that need clarification. Many people go to the job market in such situations because they see the solution in a change of employer or even in a new professional direction. In a personal and professional assessment, it may then turn out that the problems are personal learning and development areas that they would take with them into a new job situation. Coaching deals with such topics of personal development.

### Specialization in Coaching

Based on my experience I have specialized in the following topics: Successful communication within the company or with customers; Internal positioning and improvement of self-marketing (personal branding); Strengthening self-confidence by knowing one's own strengths and weaknesses; Dealing with one's own and others' emotions (emotion management). In coaching,

you learn to deal successfully with new situations by reflecting on your perceptions and questioning perspectives. This leads to a new attitude and thus to a change in behavior. Through coaching you broaden your behavioral repertoire, develop your personality and successfully cope with more challenges in the future. Read more about coaching under the following link:

Coaching offer ([PDF](#))

### Your next step

So that you can get to know me and my approach, arrange a free and non-binding 30-minute preliminary meeting by calling 076 223 97 88 or by e-mail.

I also offer coaching via Skype, Zoom or Teams

### Articles about coaching

Subconscious versus mind 1:0

My long way to specialization