

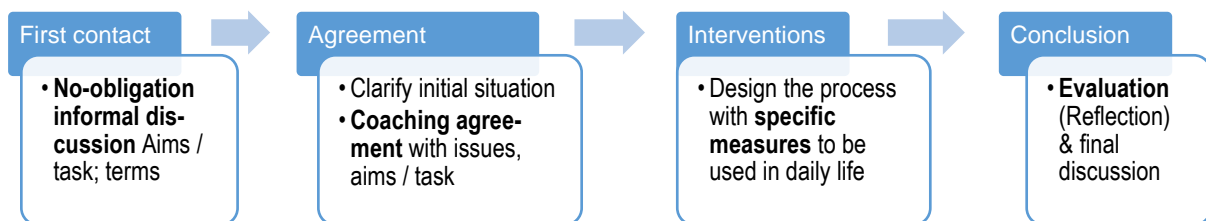
## Coaching

Every journey begins with a single step. As your coach and sparring partner, we will walk with you and support you in attaining your challenging goals. It's when you have difficult professional challenges or decisions that coaching can help you to discover new perspectives and uncover resources.

### Requirements

Coaching is a voluntary, active process that requires personal responsibility and the desire to change and develop. The coaching relationship needs openness and mutual appreciation. The coach's independence and confidentiality form the basis of successful cooperation.

### Overview of the coaching process



Our topics and client groups cover the following services:

- Business coaching for executives in senior and middle management
- Situation appraisals and professional reorientation for skilled professionals and executives
- Sparring partner services for top management

We are also more than happy to talk to private individuals!

### Benefits

If it's done properly, the coaching process can

- Improve your self-confidence and your ability to act independently
- Change your perspective and help you to develop consistent courses of action
- Enable you to reflect on your leadership style and understanding of your role (360° feedback) and thus gain clarity on your issues and development opportunities and work on them
- Break patterns and develop genuine leadership strengths (→ see separate package)

### Prices

Hourly rates vary depending on the type of coaching and the client's job / industry. We are happy to provide you with a personal, fixed quotation.

### Contact

Take the first step and give us a call. We look forward to hearing from you!