

Coaching

"Coaching releases a person's potential to optimize her performance. It helps him learn more than it teaches him!" Sir John Whitmore

What is coaching? What does it bring?

Do you know the phenomenon: You didn't see an object you were looking for even though it was close by? Coaching helps you to recognize possibilities and to find previously undiscovered paths that you might not also find due to the circumstances of your perception alone.

Coaching supports self-esteem and personal stability, a more differentiated perception, decision-making, the development of action alternatives and implementation. With a coach, the coachee ("client", "customer") finds the right goals and decisions for him faster as well as the best ways for his concerns.

The willingness to take responsibility for one's agenda is the maxim in coaching - responsibility for tasks and one's personal development. The coachee himself always remains the sovereign of his projects, obligations and decisions.

What is coaching not?

- Coaching is not consulting. As an expert, a consultant gives his specialist knowledge and experience as a recommendation, thereby assuming joint responsibility for the content.
- Coaching is not therapy. Coaching knows no clinical picture. Coaching requires the ability to make decisions on one's behalf.
- Coaching is not training; here fixed learning goals determine the agenda. Coaching, on the other hand, focuses on the coachee's concerns and follows his agenda.

Who does our coaching help?

- The entrepreneurial decision-maker in the realization of his entrepreneurial vision and business plan: founder, owner, managing director
- The manager to better answer complex demands, to find his way in harmony with values and priorities - a balance of all areas of life.
- The project or team leader who leads himself and others without power to results.
- The team, which bears joint responsibility for its success, to achieve top performance together.

Our methods

We are comprehensively trained for this. We work according to the ethical standards of the ICF (International Coach Federation), the world's largest professional association for coaches.

At what conditions do we offer to coach?

- Place of coaching:
 - At the location of the chosen coach (coaches available in all German metropolises)
 - If possible at the location of the coachee / nearby
 - ❖ Single hour: Calculation plus travel expenses and travel time (from 180€ per hour)
 - ❖ Whole day: bundling of several coachees up to 6 coaching hours
 - ❖ In each case plus travel expenses/expenses
 - Videoconference/Telephone
 - ❖ At least every 3rd session should take place face to face, preferably in the same room.
- Language: preferably German; English: selected coaches
- Duration of a coaching session:
 - Face to face 1-3 hours by arrangement
 - Phonemaximum 1-1,5 hours
- Fee for coaching hour: according to task or management level