

Personal & business coaching for women

Coaching for women in business

Intercultural coaching for women

Small group coaching for
women in leadership positions

Co & Co-Ching © for
women in leadership positions

Coaching everywhere you want

*Last but not least, I would like to introduce
myself to you*

Contact Me: ah@hillbrandt-coaching.de

Coaching for women in business

As a psychologist, with experience as a University lecturer, manager, trainer, mediator, moderator and coach, with many years of experience in coaching, I offer you these special skills for your very personal coaching.

You will receive an honest exchange & customization!

That means for you: You are determined.

This means for you: You are assertive.

This means for you: You are courageous and convinced of your success.

This means for you: You are self-confident.

This means for you: You develop effective strategies to achieve goals.

For you, this means: Increased flexibility thanks to greater scope for action.

This means for you: You expand your personal competence.

This means for you: Clarity in dealing with changes and conflicts.

This means for you: You face challenges calmly.

Are you in the following situations? Then coaching is the right choice for you!

- Transfer of new areas of responsibility
- Promotion to a management position
- Current conflicts with colleagues, employees or superiors
- Personal stress due to increased workload
- Bad "climate" in your own department/ in the team
- Personal problems

Boundary of the coaching

- Preliminary talk to clarify the order
- Implementation
- Process evaluation
- It is based on cooperation and mutual trust. They check whether the coaching is suitable for you. You are responsible for achieving your goals.

Are you one of the women leaders? Then this is a good choice for you!

The methods and content result from your goals in order to optimize your ability to act (e.g.: reflection & analysis of your own leadership behavior, development & training of action strategies in a practical context and in real work situations).

The coaching process usually takes 1.5 hours

Coach Dipl. Psych. Antonette T. Hillbrandt

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Interkulturelles Coaching for women

Is it your goal successful career in international business, in science and research, skilled worker, expert etc., then you are in the right place.

Many organizations across all sectors are still male-dominated across all hierarchical levels. Female career paths and role models are still the exception.

You receive a high degree of human appreciation and acceptance. I am absolutely secretive and discreet.

I focus entirely on your needs, requirements and goals, taking into account your personality, the respective culture and the situational and organizational circumstances.

Here you get the highest quality content, an honest exchange and individual customization!

That means for you: You are determined.

This means for you: You are assertive.

This means for you: You are courageous and convinced of your success.

This means for you: You are self-confident.

This means for you: You move confidently on the international stage.

This means for you: You are flexible in dealing with people from other cultures.

This means for you: You gain time for yourself.

This means for you: You achieve a lot with little effort.

For you, this means: Your working relationships are smooth.

This means for you: You save costs

Boundary of the coaching

- Preliminary talk to clarify the order
- Execution
- Process evaluation

It is based on cooperation and mutual trust.

Methods and content arise from your goals.

Coaching process usually takes 1.5 hours.

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Small group coaching for women in leadership

Individual practical advice in small groups for you! Personal difficulties in day-to-day work are important issues that I will professionally support you in overcoming. That's why I offer you small group coaching that is tailored to your needs and goals. I will support you professionally with confidence.

If you are in a management position that feels challenged by the tension of your work, then small group coaching is the right choice for you.

It is suitable for women in management of a level with a similar topic.

That means for you

- Your flexibility is increased through greater scope for action.
- You expand your personal competence.
- You gain clarity in dealing with changes.
- You face the challenges with composure.
- You gain self-confidence.

Boundaries of coaching

- Preliminary talk to clarify the order
- Execution
- Process evaluation

It is based on cooperation and mutual trust.

Methods and content

result from the goals of those involved in order to optimize their ability to act (e.g.: reflection & analysis of their own leadership behavior, development & training of action strategies in a practical context and in real work situations.

Coaching process

- Number of participants: maximum 5 participants
- Duration usually 2 hours. The length and frequency of the meetings must be agreed between all those involved

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Co & Co-Ching © for women in leadership

The *Co & Co-Ching* © is suitable for you, with anonymous inclusion of the employees, if productive work together is blocked. This Co & Co-Ching © was specially developed by me and has proven itself.

It follows for you

- a relaxed working day through clarification.
- a positive working atmosphere in your own department/team.
- a sustainable cooperation in the department/team.
- increased confidence.
- dealing with one another in a responsible manner.
- a regaining of work efficiency.

Boundary of the coaching

- Preliminary talk to clarify the order
- Process evaluation
- Documentation of results

The coaching is based on cooperation and mutual trust. They check whether the coaching is suitable for you. You are responsible for achieving your goals.

Do you feel addressed as a woman in management at all levels and areas?

The methods and content

- • together we adapt individually according to your needs (e.g.: reflection & analysis of your own management behavior, development & training of action strategies, clarification of expectations).

The coaching process

- • Who is taking part: You as manager & the employees of your department/team
- • It usually lasts 1.5 hours. The length of the meetings is to be agreed between the parties involved.
- • The duration of a separate workshop with employees depends on their number.

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Coaching everywhere you want

On-&-off-the-Job & online

Off-the-Job

- **Individual coaching:** Coaching in trusting individual talks
- **Team-Coaching.** This coaching is suitable for small groups as well as for project teams.

Outdoor-Coaching in Haltern am See for teams and project groups. Find, promote and experience community. Through this training, your team will come together again in a whole new way.

On-the-Job

During the work process, you learn from your own successes and problems at your place of work.

I accompany you with my neutral, professional view, since I am not involved in the work process. In this way, dysfunctional behavior in the process can be addressed immediately and your individual problems can be addressed.

Everywhere you want

Flexibel

If it suits you better professionally, we can arrange the coaching times so that your coaching adapts to your personal and professional requirements.

Ecologically

You do your coaching from the comfort of your office or at home. This saves the trip.

Time and money savings

You can do your coaching online from anywhere - all you need is a computer, the free Skype software, headphones if necessary, and a good internet connection.

Learning in a pleasant environment

Online coaching offers you the opportunity to work from work or from the comfort of your own home, in your familiar surroundings, with a cup of tea or coffee and in a relaxed atmosphere.

Which requirement should you fulfill?

The basic requirement is your motivation to further develop your own personality.

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Last but not least, I would like to introduce myself to you

Experienced and there for you!

I provide you with special skills for your coaching!

My expertise is based on many years of experience and scientifically sound knowledge as well as on constant cooperation with companies.

As a graduate psychologist, I have been able to gain extensive experience in companies and organizations in more than 20 years. The size of the companies ranges from large industrial companies to medium-sized companies and non-profit companies.

I am a member of **BPW International**

International Federation of Business and Professional Women



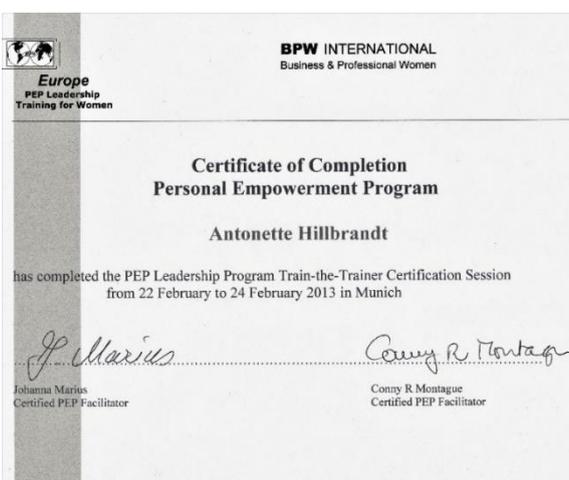
Current offers for women who reach for the stars

- Women conquer the world
- Women coaching
- Determination, assertiveness, courage & self-conviction for your success
- Women on course for success

<https://www.bpw-international.org/>

...and industries to develop their professional potential. The association **Business and Professional Women international e.V.** (BPW) is one of the largest networks for entrepreneurs and working women worldwide. Locally, nationally and internationally in around 100 countries, BPW International is committed to women at all hierarchical levels in a variety of ways.

I am qualified in -Personal Empowerment- for women!



I support you professionally

A first expert discussion with me about your coaching is free of charge for you!

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I conduct intercultural field research. Stays of several months in numerous countries with different cultures, worldwide so far in 17 different countries on five continents, these are part of the basis of my expertise. This enables me to deal intensively with the respective culture standards, business principles and forms of communication.

14th International Congress of Business & Professional Women, Egypt, Cairo

This has resulted in a deep understanding of intercultural encounters and cooperation. My intercultural coaching is based on research results from psychology, intercultural psychology and other research. This enables me to use my knowledge in your personal intercultural coaching

If you would like to know more, you will find more on my homepage!

www.hillbrandt-interkulturell.de

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Antonette T. Hillbrandt