

# GoodMorningConsulting

Coaching. Solutions. Communication.

## Dagmar Weiner

- **Solution focused, systemic coach for top management, executives, and dedicated experts**
- **Solution focused team coaching**
- **Solution focused mediation**
- **Schema Coaching**
- **Client-centered counseling and individual communication consulting**



### Welcome!

Coaching by GoodMorningConsulting is based on the systemic approach to finding solutions and identifying objectives rather than dwelling on problems. As an individual and team coach I provide professional reflective support for top management or executives as well as for dedicated experts and employees in companies and organizations. The questions and challenges you may want to look at as an individual, as two parties or as a team can be as diverse as the projects and opportunities in your personal or professional environment. My coaching approach involves working with you with a strong focus on solutions and the future. It also means I look to you as the expert for your own solutions and that I help you to realize your own potential using your own resources. By establishing a creative, open and appreciative framework for our meeting and dialog, by managing the process and by partnering you with empathy and understanding, you will quickly work out the answers and solutions best for you. All this in total confidentiality, of course.

### My Basic Coaching Approach

- I take time with you to clarify your objective in detail.
- In the change phase we discuss approaches to resolve your concerns.
- In the summary phase we check our results and discuss the next steps.
- During conflict or team coaching processes I work with the SolutionCircle by D. Meier. It best reflects my conviction that people and teams are full of resources and potential and in the end know very well what they need for a good solution or their preferred future.
- I am deeply convinced of the usefulness and success of solution-focused coaching. Yet I do integrate other useful coaching approaches. Notably in individual coachings, I enjoy working with the modus model of schema therapy (J. Young; Dr. N. Reiß/Dr. F. Vogel, IPSTI Mainz; "Schema Coaching") when entrenched behavior patterns seem difficult to change. The solutions developed by clients can be strengthened and become more sustainable as a consequence.

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## Fields of Competence

- Individual coaching of top management, executives, experts, employees
- Coaching during career changes or career decisions, including outplacement counseling
- Coaching in the field of professional and personal growth of competencies and individual development
- Coaching during strategy development and change processes in companies
- Coaching of personal objectives or issues, also outside any job context
- Solution-focused conflict mediation
- Solution-focused team coaching with the SolutionCircle
- Solution-focused brief coaching
- Consulting in employee communication issues
- Development of seminars for consultants and coaches, in which we combine the solution focus with the modus model of schema therapy. A good example is a two-day impulse seminar in cooperation with the Institute of Schema Therapy in Mainz, Germany, in which participants get first insights into solution focused coaching as well as schema therapy, and how to combine them into a successful coaching approach.

## Professional Background

- More than 20 years of professional experience as a **Communications/PR Executive** in international corporations and medium-sized companies both in Germany and abroad. Core competences in Media Relations, Corporate Publishing, Communications Strategy, CEO and Management Communications, Employee Communications. For several years I also worked a voluntary, trained, pastoral care specialist for hospitals at the university clinic of Frankfurt am Main, Germany.
- **Since 2012, after a comprehensive training in systemic coaching (DCV cert), I have been specializing on the solution-focused approach with subsequent further trainings. Development of my own individual coaching approach by integrating elements of Schema Therapy (Schema Coaching).** I work as an individual coach, conflict coach and team coach. I coach both in German and English.

## Education and Further Training

- University degree (Dipl.Dolm.) in English, Spanish and Economics at Heidelberg University, Germany
- Foreign studies at the University of Granada, Spain, and Heriot-Watt University, Edinburgh, UK
- Further training in client-centric counseling and spiritual care (certificate), Frankfurt am Main, Germany
- Intensive course as a Systemic Coach (certificate) including "solution-oriented brief coaching"
- Certificate "Coaching of Teams", based on the SolutionCircle, SolutionSurfers<sup>®</sup>, Lucerne, Switzerland; Daniel Meier; 42 training hours, Approved Coach Specific Training Hours, International Coaching Federation
- Course on "Systemic Grief Counseling", Center for Pastoral Care and Counseling, EKHN, Germany
- Master Class, Solution-oriented Brief Coaching, SolutionSurfers<sup>®</sup>, Lucerne, CH; Daniel Meier, Dr. Peter Szabó
- Workshop: "Coaching with Precision, Presence and Ease", SolutionSurfers<sup>®</sup>, Lucerne, CH; Daniel Meier
- Certificate in Schema Coaching, Institute for Psychotherapy, Mainz, Germany (IPSTI Mainz)
- Certificate in Solution-Focused Brief Mediation, Dr. Marco Ronzani, Basel, Switzerland (June 2017)

## Languages

- German (mother tongue), English, French, Spanish

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## **Mottos**

"A good morning provides a future, forward-looking energy and, time after time, a chance for new meaning and accomplishment. For every moment of a day."

*By Dagmar Weiner*

"Therefore, I am content with my weaknesses. For when I am weak, then I am strong." *2. Kor. 12, 9-10*