

# GoodMorningConsulting

Coaching. Solutions. Communication.

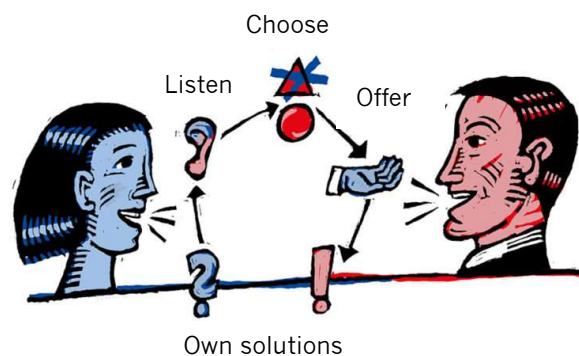


- **Solution focused, systemic coach for top management, executives, and dedicated experts**
- **Solution focused team coaching**
- **Solution focused mediation**
- **Speed Coaching / Short-term Coaching**
- **Schema Coaching**
- **Individual communication consulting**

**Dagmar Weiner**

## **A Warm Welcome to the World of Appreciation and Resources**

Coaching is different. Coaching by GoodMorningConsulting is based on the Solution Focus approach, creating conversations in an appreciative and encouraging way, supporting clients to rediscover their own strengths and resources rather than dwelling on their deficits or problems. We want to become experts in our preferred future, not in what has not been working. Based on the Solution Focus and Schema Coaching as my theoretical foundations and coaching approaches, and enriched by my expertise as an executive in industry, I enable top management or executives as well as dedicated experts and employees in companies and organizations to reflect on their issues, questions, and strategies and to put their future on a fresh footing. 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. It would give me great pleasure to support you in mobilizing your own potential. By establishing a creative, open, and appreciative framework for our meeting and dialogue, 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.



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## My Fundamental Coaching Approach

- I consider myself a solution focused coach, as it is this coaching theory according to Steve de Shazer et al. that became the foundation of all further trainings, studies, and certificates once I had finished my basic training as a systemic coach. I am deeply convinced of its effectiveness and beneficial results.
- In addition, I draw upon my own expertise as an executive. And I attach great importance to integrating another theory approach, which can be combined perfectly with the Solution Focus: notably in individual coaching: I also practice with elements of Schema Therapy (J. Young; Dr. N. Reiß/Dr. F. Vogel, IPSTI Mainz; "Schema Coaching") when entrenched or dysfunctional behavior patterns seem difficult to change. The solutions developed by clients can then be strengthened and become more sustainable as a consequence.
- During conflict or team coaching processes I work with the Solution Circle by Daniel 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. We look at the opportunity of our encounter and trust in the strengths of participants, not at their problems and their causes.

## 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/speed 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.
- Member of the coach pools of the Federal Ministry of the Interior as well the Hesse Ministry of the Interior and for Sports
- Development of an interactive seminar on "Emotional Resilience and Stress Management"
- Customers of the coaching platform bettercoach.de GmbH can also find and book me there

## 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 have been working as an individual coach, conflict coach and team coach for more than 10 years. I coach both in German and English.**

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## 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®, 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®, Lucerne, CH; Daniel Meier, Dr. Peter Szabó
- Workshop: "Coaching with Precision, Presence and Ease", SolutionSurfers®, 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)
- Development of a unique combination of Solution Focus and Schema Coaching
- Regular participant in solution-focused conferences (SOL World, SOL DACH) and digital exchanges with SF experts worldwide. When appropriate, I also do mentor coaching with my former instructors
- Regular supervision and further theoretical training in Schema Coaching at the Institute for Psychotherapy in Mainz (IPSTI Mainz), Germany.

## Motto

"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*

