OTTO VON GUERICKE UNIVERSITÄT MAGDEBURG

Coaching

Coaching is an interactive, temporary process between coach and coachee, which is a discrete, individual, and demandi training process. The focus is on the development of resources and the potential of the coached person, which is divided into t following areas: Innovation, career planning, leadership training, performance optimization, and quality of work.

The aim of coaching is to improve the quality and performance of work while at the same time increasing personal satisfaction. terms of problem-solving, the aim of coaching is to help people to help themselves and to take responsibility for themselves. T coached persons should be shown - in a transparent way - new ways and choices in terms of perception, experience, a behavior. Both professional and private concerns can be in the foreground.

MeCoSa offers:

- **Group coaching**

Several coachees meet with the coach and discuss their topics in the group, whereby each individual participant benefits from t experiences and views of the other participants. The qualified coach leads the discussion and gives impulses as orientation. S also helps to create a confidential and protected space for the participants. Up to 5 appointments are possible for the group.

- **Individual coaching**

A coachee is alone with the coach and works on her individual, often more delicate issues under professional guidance. A discre and protected space is also provided here. Up to 3 appointments are possible for the individual sessions.

Our coaches for individual coaching are:

- Dr. Sabine Blackmore
- Deborah Ruggieri
- Katja Dienemann (https://www.kgc-sachsen-anhalt.de/kffg/en/%C3%9Cber+die+KGC/Qualifizierung+_+Karrieref%C3%B6rderung/MeCoSa/Coaching/Katja+Dienemann.html)

› Register now (https://www.kgc-sachs

anhalt.de/kffg/en/%C3%9Cber+die+KGC/Qualifizierung+_+Karrieref%C3%B6rderung/MeCoSa/Application+for+Coaching_+Mentoring-p-4064.html)

MINT Career

MeCoSa

KONTAKT ▶

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Team

Application for Mentoring& Coaching

...click here for registration