

Coaching-Profile - Axel Konrad

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Language German, English

Working Approach

As a coach, I align myself with your goals, strengths, and resources. I bring a great deal of empathy and openness – at the same time, I don't shy away from being confrontational and direct when it advances the process. My "toolbox" is extensive and diverse. I often employ solution-focused and mindfulness-based techniques, as well as elements of Positive Psychology and Cognitive Behavioral Therapy.



My expertise

• Stress Management & Burnout-Prevention

In our fast-paced and performance-driven work environment, we all need to manage stress effectively. With my decades of experience in the field of mental health, I assist you in maintaining lightness and energy despite high pressures.

• Positive Leadership

I support leaders who wish to reflect and develop further. My primary focus is on Positive Leadership. It allows leaders to concentrate more on the strengths and potential of their employees and promote them - rather than just addressing problems

and deficiencies. Positive leadership results in, among other things, reduced stress levels, higher job satisfaction, increased engagement, and improved performance.

• Personal Development

Beyond the aforementioned topics, there are many areas where coaching can be beneficial. How can I shape my interpersonal relationships differently? Can my self-esteem become more stable? What is an effective way to deal with unpleasant feelings? How can I break free from unhelpful thought patterns? I am here to support you with all these questions and more.





Qualification & Experience

Qualifications - Academic & Accreditations

2005	Master in Psychology
2011	Approbation Psychological Psychotherapist (Cognitive Behavioral Therapy)
2008-2012	Hypnosystemisc Certification

Working Experience

2005- 2015	Employed as a psychologist in three different clinics
2008-2012	Deputy Chief Psychologist
Since 2013	Coach, Therapist, Lecturer, and Supervisor in private practice

My favorite thing to do

I spend a lot of time with my wife and our three sons, who play a significant role in my life. Additionally, I love 1. FC Köln, music and physical activity, good food, the Cologne Carnival, and South Tyrol.

