

Coaching-Profile - Axel Konrad

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Mobile +49 176 64025374 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

· Positive Leadership

energy despite high pressures.

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

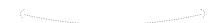
Beyond the aforementioned topics, there are many areas where coaching can be beneficial. How can I shape my interpersonal relationships differently? Can my self-esteem become more stable? What is an effective way to deal with unpleasant feelings? How can I break free from unhelpful thought patterns?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



 $Unternehmensberatung \cdot Transformationsbegleitung \cdot Change\ Management \cdot F\"{u}hrungsberatung \cdot Teamentwicklung \cdot Coaching$







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.

