

Excellence in crisis management

Coaching



ARTS



Coaching

Powering up for the re-start

The time of the pandemic and the subsequent economic re-start is an unknown and challenging situation for entrepreneurs, managers and employees alike.

Our coachings help to find the individual way to the required strength.





Coaching topics

All people deal with crisis situations in a different way. For this reason, the topics that are in people's minds are also very different. To have the power to re-start, the head must be clear and the energy must be there. Coaching can do that.

- > Pooling of personal resources to get off to a flying start in an uncertain economic situation
- > Processing worries about the professional future
- > Discover unexpected personal resources
- > Reflection of changes in working conditions and other areas of life
- > Use the new beginning mood to tackle things that you have been planning for a long time
- > Processing fears for one's own health or for relatives
- > Development of personal strategies to reconcile professional and private challenges, such as childcare, homeschooling, caring for relatives, etc.



Coaching Rahmen

Our coaches are systemically trained and work in different areas of coaching, including career development, personality development and potential analysis, resilience and resource management.

Contact us and we will check which coach is best suited to your topic in a first clarification meeting.

To be on the safe side in times of #socialdistancing, we also offer our services remotely, for example via Meet. Of course a media-supported coaching is different from a conventional coaching meeting. But even with online meetings a relaxed and trusting atmosphere can be created in a safe space.



I look forward to your call!

Milana Schreiber

Mobile: +49 173 362 02 78

E-Mail: Milana.Schreiber@arts.eu