



Beratung
+Bildung



INDIVIDUAL COACHING

CAREER AND
LIFE COACHING



GETTING STARTED, ADVANCING YOUR CAREER

Do you want to make a professional change, take your next career step, or achieve a more optimal work-life balance? Our career and life coaching offers you individual support to overcome professional challenges and achieve your personal goals. Our experienced coaches empathetically accompany you in planning your career and implementing your individual goals.

CONTENT OF THE COACHING

- 1 Discovering competencies and setting new goals
- 2 Life Coaching: Activation of inner & outer resources
- 3 Strategic communication in executive positions
- 4 Navigating the job market
- 5 Application management
- 6 Time and self-management for optimizing work routines
- 7 Ready for the professional world
- 8 My digital workplace

+++ In-person or online +++

OUR OFFER

Scope

64 coaching units (CE) of 45 minutes each
2 days per week
to complete in approximately 12 weeks

Funding

For job seekers, funding is available through an education voucher from the Employment Agency/Job Center
Reference-Nr. 962/17/24

CONTACT

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For more information:

