

Fact Sheet Leadership & Life Coaching (April, 2019)

What is coaching?

Leadership & Life Coaching offers professional support which enables clients to enter into a process of reflected and creative decision-making in order to attain faster results in their lives which correspond more closely to their aspirations and goals.

Who needs a coach?

Why does somebody faced with sizable challenges, a fundamental transition or reorientation need a coach?

- Because during challenging times, it is difficult to see the overall picture by one's self and to rapidly find without support creative solutions or to make decisions which could have serious consequences.

Why does the successful champion also need a coach? - Because he cannot observe himself in action from the stands and because – like leaders – he can only stay on the top if he continuously works on himself to steadily improve; standstill equals regression.

Why does coaching boom globally like no other service? - Because no patent remedy endures in the face of the growing complexity of issues, ambiguous developments and volatile crisis situations which are all linked with great uncertainties and because coaching – in contrast to consulting - helps to find the promising key to burning questions within yourself.

Do you need a coach? How does a professional coaching partnership start?

Meet first, without commitment and free of charge, an experienced and certified leadership and life coach and discover the benefits for yourself! Every professional coaching partnership starts with an assessment of your individual needs, desires and specific goals. Then we establish a clear coaching service agreement in which we define what goals *you* want to reach. These particular goals are the driving force of the coaching support and are contingent upon your commitment to succeed. Coaching promotes your transformation process in order to achieve measurable results.

Your benefit?

Clients may expect to strengthen their self-leadership considerably by developing their individual leadership qualities and by enhancing their social and emotional competencies. Thanks to coaching, your learning process will expand, your productivity will increase, and your life quality will augment. Coaching will enable you to lead yourself and others in a more effective and efficient way.

Your Coach?

Prof. Dr. iur. Laurent F. Carrel, Attorney-at-Law, ICF Master Certified Coach/MCC™ by the International Coach Federation; European Mentoring & Coaching Council/EMCC; member of the Institute of Coaching, Harvard Medical School, Affiliate. Leadership and Life Coach since 1999 with over 3'600 hours of coaching experience. He has a background as a long-standing nationally and internationally recognized strategy and crisis expert, author, university professor and leadership trainer. He places individual problem-solving and solution-focused strategies in the center of the coaching experience drawing on his broad professional background and expert knowledge in different fields, his life-long learning philosophy and use of a multitude of up-to-date coaching instruments and scientific insights in health – in particular in the field of neuroscience, brain and consciousness research, epigenetics, microbiome, quantum physics, and metaphysics.



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