



Coaching

Michael Pramendorfer

Coaching Profile

Focal points

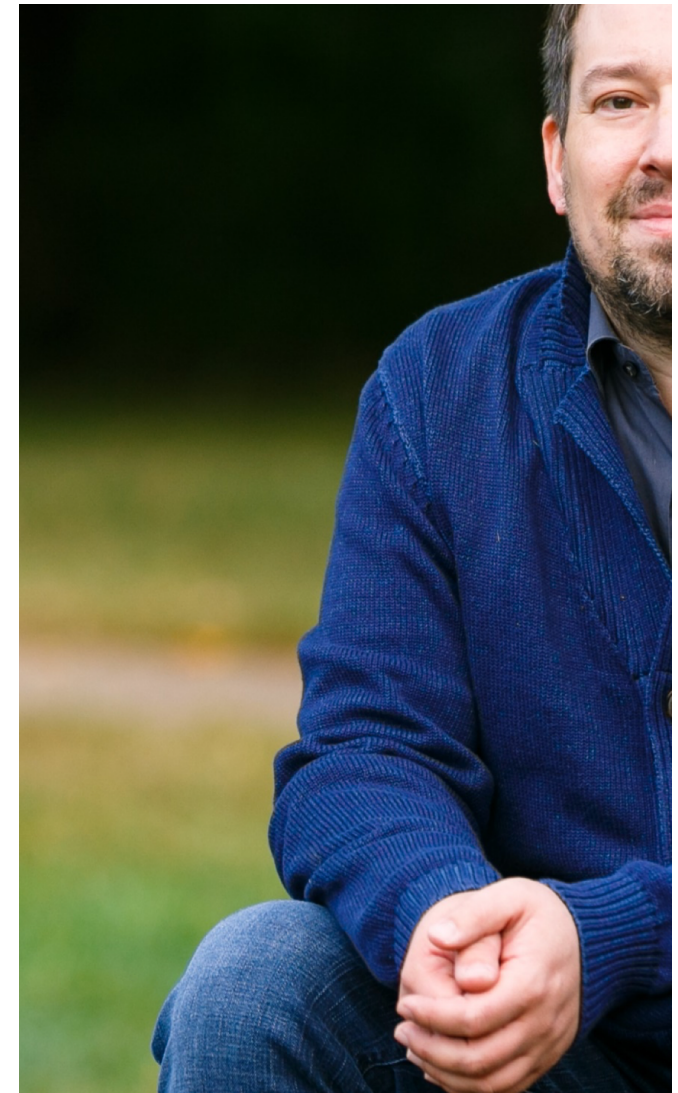
- ✓ Decision-making
- ✓ Professional change / reorientation
- ✓ Settling into new positions and roles
- ✓ Taking over new tasks
- ✓ Mastering complex situations
- ✓ Handling uncertainties, areas of tension and changes in an organizational context
- ✓ Forming orientation
- ✓ Accompaniment through phases of change

Single setting, groups on request

Private and corporate customers

Mag. Michael Pramendorfer, MBA
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What is Coaching?

Coaching in a professional environment is a continuous and temporary accompanying process. Goal orientated, focused on a specific situation and taking place at eye-level.

Coaching may help you to...

- ✓ increase the scope for decision making
- ✓ gain new perspectives
- ✓ find orientation
- ✓ reduce uncertainties
- ✓ reach your goals

..and what it is not

Coaching is neither a business consultancy, nor a psychotherapy, mediation or life consultancy. Clear frontiers define each of these highly professional areas.

The Beginning

If you're thinking about coaching, you have already taken an important step - the willingness to initiate change.

Time for a free first meeting!

First Meeting

The first meeting serves to get to know one another and clarify important expectations. It is without obligation and free of charge.

Work Phase

Now coaching can begin. The number of sessions and duration are determined jointly, depending on the specific situation.

Conclusion

The last regular session marks the conclusion of the collaboration. Time for reviewing the last weeks and taking joy in the achieved!

Review

A few months after the last coaching session we will, if desired, review the process together.



Coaching Approach

My understanding of coaching is mainly based on the systemic approach of Trigon Development Consultancy. Mutual appreciation and communication at eye-level are the basis of the collaboration. Interdisciplinary methods as well as the equivalent treatment of a professional issue in its environment guarantee a wholistic view.

About me

Mag. Michael Pramendorfer, MBA

Systemic Coach (Trigon certified)
Processmanager (ISO-certified)
Trainer

MBA Social Management Studies
(WU Executive Academy) and
Business Management Studies (WU Wien)
