Coaching for female* scientists

Impulse Coaching
- Special format for specific, practical concerns
- Support for self-reflection, finding solutions, orientation, etc.
- Broad range of topics (work-life-balance, role clarification, self-care, professional or leadership issues, writer’s block, conflicts at work, …)
- Single session (90 minutes), target agreement at the beginning
- Also for getting to know coaching as a method

https://quintesentio.de/coaching/

Perspectives Coaching
- Specific coaching for professional development
- Preliminary questionnaire on professional preferences (approx. 45 minutes)
- Evaluation of the test and analysis of the professional situation with the coach
- Development of perspectives and design of the next professional phase
- Single session online (120 minutes)

https://www.choreoo.de

Individual Coaching
- In-depth support for more complex concerns and personal development processes (3-5 session, approx. 90 minutes each)
- Support for self-reflection, finding solutions, orientation, etc.
- Wide range of topics (work-life-balance, role clarification, self-care, professional or leadership issues, writer’s block, conflicts at work, …)
- Preliminary consultation and agreement on the goals for the coaching process

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Booking and contact

For bookings and further information please get in touch with:
Sabrina Schopf | 0711 685-84024 | pooling@cg.uni-stuttgart.de

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1 The offer is part of the pooling by the DFG-funded research networks. Bookings must be made through the Service Gender Consulting, which will establish contact with the coaches. Unfortunately, the costs cannot be covered for independent bookings.