



Coaching for female* scientists¹

Impulse Coaching

- Special format for **specific, practical concerns**
- Support for self-refelction, 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

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.