

# Coaching-Profile - Axel Konrad

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**Languages** German, Englisch

## Working approach

As a coach, I align myself with your goals, strengths, and resources. I bring a great deal of empathy and openness – at the same time, I don't shy away from being confrontational and direct when it advances the process. I often employ solution-focused and mindfulness-based techniques, as well as elements of Positive Psychology and Cognitive Behavioral Therapy.



## My expertise

### Personal Development

There are many areas where coaching can be beneficial. How can I change patterns in my interpersonal relationships? Can my self-esteem become more stable? What is an effective way to deal with unpleasant feelings? How can I break free from unhelpful thoughts? I am here to support you with these questions and more.

### Stress Management & Burnout-Prevention

In our fast-paced and performance-driven work environment, we all need to manage stress effectively. With my decades of experience in the field of mental health, I assist you in maintaining lightness and energy despite high pressures.

### Leadership Development

I support leaders who wish to reflect and develop further. One of my favourite approaches is Positive Leadership. It allows leaders to focus more on the strengths and potential of their employees and promote them - rather than just addressing problems and deficiencies. Positive leadership results in, among other things, reduced stress levels, higher job satisfaction, increased engagement, and improved performance.

## Qualification & Experience

### Qualifications - Academic & Accreditations

2005 Master in Psychology  
2011 Approbation Psychological  
Psychotherapist (Cognitive  
Behavioral Therapy)  
2008-2012 Hypnosystemic Certification

### Working experience

2005- 2015 Clinical psychologist in  
three different clinics  
2008-2012 Deputy Chief Psychologist  
since 2013 Coach, Therapist, Trainer  
and Lecturer in private practice

## My favorite things to do

I spend a lot of time with my wife and our three sons, who play a significant role in my life. Additionally, I love 1. FC Köln, physical activity, good food, Cologne Carnival, and South Tyrol.