



Coaching-Profile - Rebekka Forster

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Mobile +49 176 22 70 25 26
Languages German, English



Strengths

Achiever // Learner // Responsibility // Belief // Empathy

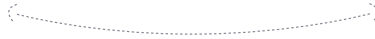
I am a firm believer that enhancing self authored growth, resilience and collaboration leads to improved performance, joy and ease, and unlocks our full potential at work and in life.

My expertise

- **Transition Coaching** I help you to design your future by finding and pursuing your personal purpose, becoming aware about values, limiting beliefs, behavioral patterns and their outcome. I coach leaders at all levels, from executives to first-time leaders.
- **Career Coaching/New Professional Orientation** I support you in your current job, in establishing your professional goals and in making a career change.
- **Resilience Coaching** I support you in developing strategies to strengthen your emotional and physical well-being, and manage stress to approach challenges with a greater sense of purpose and motivation.
- **High Performing Teams** I accompany teams in their forming phase and support them to unleash their collective power.

Modern, future-looking organizations seek development strategies that help them navigate through uncertainty and complexity. Coaching can help, as it builds awareness, empowers choice and increases accountability. This creates new opportunities to become more resilient, whole and resourceful. As a Coach, I support and inspire clients, self-authored fulfillment and growth. In doing so, gain a holistic understanding of their situation, recognize limiting paradigms and unconscious attitudes, and shift their perceptions from challenges to opportunities. Strength and clarity, confidence and courage then are brought from within to the surface.

My style is described as empathetic, appreciative and creative. My repertoire of coaching techniques activates and lends lightness.



Corporate and Management Experience

Over the past 14 years, I have collaborated with various clients and stakeholders worldwide in diverse industries, management, and HR roles. I have accumulated extensive experience in personnel and organizational development, as well as leadership responsibilities, and I am familiar with the dynamics within corporate contexts. As a change and project manager, I have actively driven transformations, from organizational restructuring to the development of new leadership cultures. As a leader, I have learned to navigate stress, reprioritize, and create an appealing work environment for diverse generations in a fast-paced and complex setting. To this day, I continue to engage in coaching, mentoring, and sparring to continuously evolve and develop myself.

Geographical Experience

- Germany (Europe)
- Spain (Europe)

Industry experience

- Insurance
- Retail
- Mobility Services
- Pharmaceutical/Biotech

Qualifications - Academic

2007 Master Economic Psychology

Accreditations

2021/22 Certified Professional Co-Active Coach (CPCC)
2021 Transformative Mediator
2021 Self-Awareness & Mindfulness Trainer
2020 Scrum Master (scrum.org)
2019 Leadership Circle Profile™
2018 Systemic Business Coach (dvct)
2016 Systemic Change & Organization Consultant (QRC)

My favorite thing to do

I love getting outside for swimming, hiking, and cycling. I find balance in yoga, which I have been practicing for 20 years. In general, I am curious about people and love to gain a deeper insight into their life. Painting and traveling bring color and joy to my life. I value clarity, relating and authenticity.

Client Feedback

Rebekka created with her empathetic style an atmosphere of openness and trust allowing real insights to happen. She helped me with powerful coaching tools to clarify my strengths and discover my passions to transition into my new leadership role.

Susanne Schlögl, Bereichsleiter, Versicherung, München



PROFILE CERTIFICATION TRAINING

Forster&Klevenz Consulting GmbH

Consulting · Transformation · Change Management · Leadership Consulting · Team development · Coaching

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