

Coaching-Profile - Rebekka Forster

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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 built my career working in various industries and taking on roles in management and HR functions globally. I have collaborated with diverse clients, managed complex projects and developed supportive and trustworthy relationships with stakeholders at all levels.

Thanks to my various roles in Learning and Organizational development as well as my own leadership experience, I am very familiar with the diverse dynamics in the corporate context.

As a change and project manager of major global projects, I have been instrumental in shaping changes in close cooperation with stakeholders and committees, ranging from organizational restructuring to changes in leadership culture and organizational development.

I have a profound understanding of the challenges that leaders are confronted with on a daily basis. I dealt with topics such as work-life-balance, team-building, conflicting priorities and career development in this rapidly changing and complex environment. I keep nurturing my development by using coaching, mentoring and sparring with others.

Geographical Experience

- Germany (Europe)
- Spain (Europe)

Industry experience

- Insurance
- Retail
- Mobility Services
- Pharmaceutical/Biotech

2007 Master Economic Psychology & Human Education

Accreditations

2021/22 Co-active Coach Training
2021 Transformative Mediator
2021 Self-Awareness & Mindfulness Trainer
2020 Scrum Master
2019 Leadership Circle Profile™
2018 Systemic Business Coach
2016 Change & Organization Consultant

Qualifications - Academic

My favourite 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.

Testimonial

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

