



Astrid Gerhard-Kraemer

Executive Coach

EXPERTISE

Executive/C-Suite Coaching
Group Coaching

EDUCATION

- “Life Coach” Certificate NL, Kevin Billett
- “Visionary Leadership Program”, Kevin Billett, Conscious Company, Visionary Leadership Coach Certificate, UK, NL and D
- Training as a coach and consultant at “Wissenschaftliches Institut für Beratung und Kommunikation”, WIBK, Paderborn with specialisation to systemic consultation
- Lecturer at the Goethe Institute, Hong Kong
- Romance Studies and Educational Sciences, University of Cologne, Tours and Barcelona

LANGUAGES

English
Spanish
German

As an Executive and Senior Coach Astrid has been working with individuals such as CEOs, C-Level Executives, Managers, groups and multicultural and cross-functional teams in global and medium-sized companies focussing on intercultural aspects, merger integration, personal development, achieving goals, leading and dealing with challenges in the VUCA-world, such as constant change, communicating successfully, dealing with conflicts and building resilience as well as burn-out prevention. In her coaching, Astrid builds on uncovering, deepening and developing the Coachee’s resources, which serve as a basis for working towards set goals.

After finishing her studies of Romance Languages and Educational Science, which she conducted in Spain, France and Germany, Astrid worked in Hong-Kong for 2 years. She underpinned her passion of working with people in an international environment with three coaching qualifications. For 18 years she has been coaching focussing on the transformational process for individuals and teams from unconscious surviving to conscious thriving



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