

SOLUTION-FOCUSED BRIEF

# COACHING AND MORE FOR WO/MEN

**Gender diversity** brings a lot of benefits to your organisation. Change has started but there is still some way to go. One aspect is the interplay of women with their organisational/cultural **environment** that is not always supporting successful DE&I. As this environment will probably not change as fast, you can support women in their direct **interaction**.

**Solution-focused brief coaching** (SF coaching) was developed out of social work where traditionally there is a strong focus on interaction of the individual and the environment. Therefore it is **highly suitable** for coaching female leaders in organisations. To **support** them where DE&I challenges are mostly present.

Get this scalable approach that also includes **community** building and conjoining with **engaged men** to build on existing strengths and best practices in your organisation.

ISABEL VON KORFF

Dipl.-Biol. Dr. rer. nat. Executive MBA



## BENEFITS OF SF COACHING

- ✓ Get more satisfaction at work, improve results and grow personally
- ✓ Mostly only 1-2 one-hour sessions can already bring you great sustainable progress
- ✓ Provides space to develop this step from within yourself
- ✓ Sessions can be ad hoc as no briefing is needed (The solution doesn't care about the problem)
- ✓ Building upon your existing strengths and abilities
- ✓ Ideally suited to support existing programmes, get your **FREE** introductory workshop.

COACH

*solution-focused approach, individual and team coaching*

LECTURER

*self- and time-management, ethics and biopsychology*

FOUNDER

*and MD of a leadership consulting boutique*

MENTOR

*for women, students and social initiatives*

HAVING WORKED FOR E.G.



# "What if the world was holding its breath waiting for you to take the place that only you can fill?"

David Whyte

## COLLABORATION PACKAGE

- One-hour SF **coaching sessions**
- Monthly **community calls** with the defined coaching group
- Monthly **connecting calls** with the coaching group plus interested **men** who like to engage in **gender equality**

Solution-focused brief coaching sessions in the packages can be **individually booked** via a calendly link directly by the women at their choice.

Community calls are around relevant DE&I topics (tbd) to **support** the women and their **community** beyond the coaching.

For the connecting calls all interested and **engaged men** are invited to exchange about existing best AND future practices to further promote gender diversity in your organisation and bring more **results**.

**Before you choose a package get a FREE workshop introducing the approach and myself.**

| <u>Packages</u> | <u>Coaching Sessions</u> | <u>Community calls</u> | <u>Connecting calls</u> |
|-----------------|--------------------------|------------------------|-------------------------|
| S               | 10                       | 3                      | 3                       |
| M               | 20                       | 6                      | 6                       |
| L               | 40                       | 12                     | 12                      |

*Get the package that best suit your needs. Coaching and calls are available in English or German.*

## ABOUT ME

A significant part of my adult life I was striving to "fight" for the female cause. Mentoring young women, founding and engaging for over a decade in a women's community was inspiring and motivating. Also privately as a mother, daughter(-in law), wife, friend and acquaintance I never missed a good discussion about gender diversity (references are easily available). I felt "right" although mostly I wished for more results.

When solution-focused brief coaching came into my life it perfectly matched my personal development. Listening to my heart that clearly wanted less fighting and righteousness has changed my approach. How beautiful is it, to tune into what is already there and working, instead of struggling with problems and deficits. And to be crystal clear, this is not about ignoring the huge challenges ahead. It is just about a different stance to meet the opposition - and use the creative energy for the better. My heart jumped when I learned that also neuro-biology is supporting this approach.

We start with what is already there, in people and organisations. Sometimes these "treasures" are hidden or not obvious (therefore the coaching). Building upon the existing possibilities is a strong indicator for positive and sustainable change in the immediate future.

## CONTACT DETAILS

Please feel free to contact me and get your free introductory workshop.



mail@both-and.de  
www.both-and.de

