

## profile

Dr. Cécile Schain, Dipl.-Psych.

## Contact

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## Languages

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German and English

## Where do I work?

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At my office in Düsseldorf or via Zoom.

## Short summary

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Dr. Cécile Schain is an academically trained psychologist with additional coaching and consulting training. After several years as a research associate at the university of Münster and concurrent to her occupation as a psychologist at a federal agency she is a freelance coach, specialized in the demands of scientists as well as professionals employed in university administration and science management. Her primary focuses are decision-making, self-esteem, stress management, time management, communication, conflict and leadership.

## CV

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since 05/2013	Consultant and coach for scientists, schainundkuchenbrandt GbR
since 04/2014	Psychologist at a federal agency
10/2010 – 12/2013	Research Associate, Department of Psychology, University of Münster, Germany
07/2007 – 09/2010	Research assistant, Department of Experimental Psychology, University of Düsseldorf, Germany
09/2008 – 12/2008	Research intern, Department of Psychology, Ryerson University, Toronto, Canada

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## Qualifications

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10/2017 - 07/2019	Advanced education: Psychological counseling, Curriculum of the Berufsverband Deutscher Psychologinnen und Psychologen (BDP)
09/2013 – 01/2016	Advanced education: Management consulting & coaching (German Academy of Psychology)
10/2013	PhD in Psychology (with honours), University of Münster, Germany
10/2005 – 09/2010	Undergraduate and graduate studies in Psychology, diploma, University of Düsseldorf, Germany

## Frequent concerns of my clients include...

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- Decision-making during occupational reorientation (e.g., leaving academia or job change)
- Self-perception and self-confidence as a scientist
- Dealing with chronic or acute stress
- Work-life-balance
- Structuring working days efficiently
- Dealing with conflict, e.g., with superiors, staff or colleagues
- Preparing to take over a new leadership position

For further information: [www.schainundkuchenbrandt.com](http://www.schainundkuchenbrandt.com)

## How do I work

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At the beginning of each coaching process, I emphasize a differentiated clarification of goals, as coaching goals often do not automatically result from the reason that led to take up coaching. This is comparable to planing a journey: The feeling „I strongly need a change of scene“ does not identify a specific country or place you wish to visit. Sometimes, clients already have precise goals in mind, sometimes my support is needed to develop these goals. A differentiated clarification of goals is a necessary factor for the effectiveness of a coaching.

When the goals are set, we clarify what you need from the coaching process with regard to reaching these goals. Going from there, I plan interventions. The purpose of each intervention is always: You gain new learning experiences to get closer to your set goals, e.g., by questioning techniques, perspective change, visualizations, simulations, exercises between sessions, knowledge input and expert advice. In choosing my interventions, I work integratively, that is, I combine methods from different psychological disciplines that have proven effective both scientifically and in practice (particularly solution-oriented systemic coaching, cognitive methods, experience-activating methods from gestalt work).

The duration and approach of a coaching process can be very different - depending on the specific concerns and goals. Sometimes a two-hour consultation already brings the desired insight or solution. Sometimes the coaching process comprises six to eight sessions, usually lasting two hours. We agree on the scope and approach in advance. In a detailed and free telephone conversation we clarify your wishes and objectives and then discuss a possible approach together. I treat all details and information from you confidentially.