

profile

Dr. Dieta Kuchenbrandt, Dipl.-Psych.

Contact

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Languages

German & English

Where do I work?

At my office in Leipzig or via Zoom.

CV

since 05/2013	Consultant, trainer & coach for scientists Co-founder of schainundkuchenbrandt
04/2007 – 07/2015	Teaching activities at the universities of Greifswald, Bielefeld and Osnabrück
05/2010 – 01/2015	Research and teaching fellow, University of Bielefeld, Cognitive Interaction Technology Center of Excellence (CITEC), Germany
04/2013 – 09/2013	Visiting professor, Social Psychology, University of Osnabrück, Germany
09/2009 – 04/2010	Research and teaching fellow, University of Greifswald, Germany
01/2009 – 04/2009	Visiting researcher, Aston University Birmingham (UK), Aston Business School, Economics & Strategy Group
08/2006 – 07/2009	PhD scholarship, University of Greifswald, Germany

Academic Education & Further Training

07/2018	Advanced training in career counseling (artop, Institute at the HU Berlin)
09/2013 – 01/2016	Advanced education: Management consulting & coaching (German Academy of Psychology)
08/2006 – 01/2010	PhD in Psychology, University of Greifswald, Germany
10/2000 – 04/2006	Undergraduate and graduate studies in Psychology, diploma, University of Greifswald, Germany

Frequent concerns of my clients include

- Applications for professorships (universities and universities of applied sciences) and postdoc positions
- Planning and optimizing your academic career
- Preparation for leadership responsibilities (e.g., when taking on a junior research group leadership or getting your first professorship)
- Dealing with conflicts
- Time management and dealing with stress
- (Decision-making) uncertainties regarding the planned career path (mostly: qualifying for professorship vs. leaving academia)

For further information: www.schainundkuchenbrandt.com

How do I work

... in career and application consulting?

Perhaps you are aiming for a long-term scientific career and are unsure what requirements you need to fulfill for this or what the next important steps in the development of your career should be? Or perhaps you are applying for a professorship and do not know exactly how the documents should be drafted or what is expected of you in the interview? In order to advise and support you, I work with knowledge input, expert advice, profile analyses, feedback or training methods (e.g. simulation of a commission interview). In a detailed and free telephone conversation we clarify your wishes and objectives and then discuss a possible approach together.

... in coaching?

Coaching is a psychological form of consulting that supports you in finding solutions for professional and personal challenges. For this purpose, I use consulting and intervention methods from different psychological disciplines that have proven effective both scientifically and in practice.

The coaching process starts with jointly exploring your concerns, deriving specific goals, and clarifying what you seek from the coaching process in relation to those goals. To support you in achieving your goals, I use various techniques and methods, such as perspective changes, visualizations, questioning techniques, simulations, exercises before and between sessions, knowledge input and expert advice.

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.

In consulting as well as in coaching, I treat all details and information from you confidentially.