

**S
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**SEMINARS,
COACHING AND
CONSULTING**

**DR. CÉCILE SCHAIN,
DIPL.-PSYCH.**



CONTACT

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LANGUAGES

German and English

WHERE DO I WORK?

At my office in Düsseldorf or via Zoom.

CV

- since 05/2013** Coach, consultant and lecturer, co-owner of schainundkuchenbrandt
- 04/2014 – 03/2023** Psychologist in the psychological service of the Federal Employment 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

QUALIFICATIONS

- 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...

- Strengthening of self-esteem
- Dealing with chronic or acute stress
- Work-life-balance
- Structuring working days efficiently
- Solving communication difficulties, e.g., within the team or as superior
- Dealing with conflict, e.g., with superiors, staff or colleagues
- Support during the takeover of a new leadership position
- Reflection framework for leadership topics
- Support during occupational reorientation (e.g., when changing jobs or when leaving academia)

For further information: www.schainundkuchenbrandt.com

SHORT SUMMARY

Dr. Cécile Schain is an academically trained psychologist with additional coaching and consulting training. After several years as a research associate and as a psychologist at a federal agency she today works as a freelance coach, psychological consultant and lecturer. She is specialized in the demands of scientists as well as professionals employed in the health and social services. Her primary focuses are strengthening of self-esteem, stress management, communication, dealing with conflict, leadership and occupational reorientation.

HOW DO I WORK ...

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 planning 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 one hour. 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 confidentially.