

SERVICES

The goal: turning challenges into positive experiences.

The way: overcoming barriers, expanding comfort zones and mapping out new directions.

Consultancy

When organisations, teams or individuals seek advice, they do not just want to receive information. They are also looking for new ways of thinking and acting and the input from an experienced expert who observes from an outside perspective.

Need for advice emerges in times of great challenge, such as reorganisation and restructuring; confidence crisis within a company; analysis and realignment of corporate culture; development of value-oriented leadership; managers in challenging situations; preparation for difficult negotiations, team development and conflict management; performance deficits.

If and when my brief requires, I also co-operate with notable experts from the worlds of business, academia and consultancy.

Training

Advisory sessions often reveal a need for further training on the part of up-and-coming and well-established professionals and executives alike, as well as teams. Professional training scenarios enable fresh ways of thinking and acting, thereby enhancing performance.

Typical mandates are: leadership, presentation and communication training, also with a focus on women; increasing resilience and the ability to handle difficult situations with confidence and aplomb; conflict management; team and personality development.

Coaching

The perspective of an experienced expert as well as a constructive dialogue provide useful tools for managing important personal and professional challenges. The result: finding direction and confidence, empowerment, and reaching defined goals.

Typically, I assist my client to overcome fears and performance problems; stress management, enhance energy, mental strength and motivation; develop practical and social competencies; increase self-confidence, self-assurance and self-composure; work/life integration; develop fresh perspectives and enhance decision-making abilities.

On request, Dr Sabine von Oesterreich uses the EOS/TOP personality diagnostics test developed by Professor Dr Julius Kuhl, Osnabrück University. This test covers emotions, affects, information processing and behaviour in their respective contexts, providing a unique functional-analytical perspective.

Talks & Facilitation

Dr Sabine von Oesterreich facilitates at talks and events of business and non-profit organisations on current topics. She gives talks on topics such as resilience, leadership, unconscious bias, and male archetypes.

Clients

Dr. Sabine von Oesterreich has been assisting executives and teams of high-profile organisations, including numerous DAX companies, as a consultant and coach for over sixteen years.

If you wish to know more, please don't hesitate to contact me.

Contact

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