

Occupation Coach, Business Psychologist,
Leadership & Change Expert

Academic degree Business Psychologist
Main focus: Personnel &
Organizational Development (M.A.)

Focus

- Leadership
- Change
- Corporate & Team Culture
- Coaching

Contact SeekandFind – Self-Development
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Qualifications

- Psychological Coaching/ Analytical Intensive Consulting (BSP, Prof. Dr. Daniel Salber)
- Foundations Systemical Organizational Consulting and Coaching (expd., Stefan Vetter)
- Acceptance- & Commitment Therapy (SIA Berlin) – ongoing
- Intensive seminar “Team Development/Teambuilding” (Prof. Dr. Rainer Zeichhardt)
- Supervision after Balint (Prof. Dr. Herbert Fitzek)
- Mindful Leadership (ZEN Leadership GmbH)
- Art Coaching (Prof. Dr. Herbert Fitzek, Dr. Hans-Christian Heiling)
- Various workshops on agility & self-organization
- Various workshops on mindfulness, meditation, healing

Career history

since 2017 **Coach, Business Psychologist, Leadership & Change Expert**
SeekandFind – Self-Development
www.seekandfind.me

2013 - 2017 **Organizational Consultant und Coach**
Avenue GmbH, Organizational Consultancy - Focus Leadership
www.avenue.de

since 2015 **Lecturer**
Business School Berlin – University for Management
Regular seminars to practical work experiences in the field of
business psychology

Main topics: Teambuilding, Coaching, Leadership, Morphological Psychology, Mindfulness & Sustainability

- 2011-2013 **Freelance Business Psychologist**
various occupations:
- Lecturer at Business School Berlin Potsdam (Topics: Cultural Psychology, Mediapsychology, scientific work)
 - Project management (e.g. Conference management, Projectlead various Research projects)
 - Qualitative Market - und Cultural Research (some research areas: Automotive, pharmaceutical industry, press, media)
 - Art Coaching

2011 **Project Management & Consulting Assistant**
Management Consultancy EVOLOG
<http://www.evolog.de>

Education

- 2012-2015 **Part-time Business Psychology (Master degree)**
Main focus: Personnel & Organizational Development
Business School Berlin
- 2012-2015 **Coaching Training**
Certified Education to Analytical Intensive Consulting –
Psychological Consulting and Coaching
- 2007-2010 **Business Psychology (Bachelor degree)**
Main focus: Organizational Consulting & Development,
Qualitative Market research, Morphological Psychology, Cultural
Psychology, (Art) Coaching
Business School Berlin

Work fields

- Coaching
- Coachings with Manager and Leaders (all levels, mostly Junior Managers, High Potentials)
 - Team-Coachings
 - Personal Development Coaching (Life or Business)
 - Morphological Coaching/ Intensive Consulting
 - Mindful Leadership Coaching (Work-Life-Balance)
- Change processes
- Accompany of Leadershipteams during change processes
 - Team Development and Team Building
 - Supervision of internal Change-Teams
- Culture Change
- Organization and Corporate Culture Analysis
 - Conception and Accompany of Culture Change
 - Alignment (Vision, Core Purpose, Strategy)
 - Accompany internal change to self-organization/agility

- Leadership
- Execution of Leadership Team Development
 - Individual Leadership Development
 - Implementation of a new Leadership Culture
 - Coaching & Sparring of Executives

Sample projects (since 2014)

Accompanying a management team in transitioning to agility/self-organization:

- Training executives for a self-responsible implementation of their change process
- Regular Team Coaching in the management circle
- Carrying out platform events with all concerned parties of involved departments for reflection, clarification and simulation about agile and self-organized behavior, roles and processes
- Individual and team coaching in the change process

Coaching High Potentials & Junior Managers:

- Single Coachings & Team Coachings with Managers in a trainee management program

Accompanying the executive development of a pharmaceutical company:

- Leadership team formation
- Clarification of internal roles, responsibilities and interfaces
- Improvement of communication and collaboration
- Sparring of managers

Conception and support in developing a feedback culture for a media company:

- Accompanying a cultural diagnosis
- Planning and monitoring the long-term development of a feedback culture

Change support for a pharmaceutical company:

- Conception and support of different team development processes, in the course of an internal restructuring
- Supervision of the change teams

Accompanying a cultural development in a pharmaceutical company:

- Leadership Team Development to clarify the adoption of responsibility for cultural development
- Sparring/consulting executives in the entire process of cultural development

References Lufthansa Group, Boehringer Ingelheim Pharma GmbH & Co. KG, Merck KGaA, Dresdner Kühlanlagenbau, Johanniter-Unfall-Hilfe e.V., Flughafen Hannover-Langenhagen GmbH, Cornelsen GmbH, Vodafone GmbH, Central Versicherung

Languages German and English