

„You cannot teach a person anything. You can only help him to discover it in himself.“

- Galileo Galilei



## Stephan Nagel

### - Positive Coach

#### Who am I?

For several years I had a good idea of what I wanted to do with my life. But it took years until I followed this path.

I got a certain sense of security from my parents and I also paid more attention to what others and society demanded of me.

I had to learn the hard way what it does to you if you neglect yourself and your path for a long time.

But I also experienced how exciting and beautiful the steps towards your own path are.

Do you know how your path will look like?

#### What can I do?

As a **certified coach of Positive Psychology**, I combine knowledge from systemic coaching and positive coaching.

In addition to my independent work as a coach and facilitator, I also work voluntarily as a coach for the non-profit Project Together.

Furthermore, I am trained as a Design Thinking Coach and Mindfulness Coach.

My knowledge is rounded off by a well-founded train-the-trainer education.

I have been able to share my experience with more than 1000 people in various contexts, such as individual coaching, workshops and conferences, in small and large groups.

#### How do I work?

I pursue two coaching approaches that can be combined perfectly. These are the systemic approach and the positive coaching approach.

You will find a pleasant atmosphere in which you can let yourself relax and open up. Emotions of all kinds are allowed, have their justification and can always be heard with me.

You can expect me to listen to you very well, ask difficult questions and always keep the big picture in mind to give you structure.

I am someone who thinks very quickly and thus quickly recognizes connections. Together we will see how to develop a suitable plan for you, which we will reflect and adapt together.

PS: I try to bring in a pinch of humour. That way it is easier to work on your future.

#### With whom do I work?

On the one hand with people who want to live their best possible self. People who strive for more contentment and balance in their professional and/or private lives.

On the other hand, I work with leaders who have recognized the importance of this challenging role and who want to create an environment for themselves and their team in which it is possible to develop, contribute strengths and work openly and collectively on challenges.

#### And this is my promise to you...

If we work together I will help you to gain clarity and I will show you possibilities on how to follow your path.

You will find in me a reliable partner who will give you honest feedback and with whom it is completely okay to be yourself.

I will help you to better understand yourself and your strengths, values and thoughts and to use them for yourself in the best possible way.

I promise you that you will come out of every coaching with me stronger.

I am looking forward to hearing from you, Stephan