



Coaching profile: Christine Locher FRSA



- London-based cosmopolitan, also working virtually around the world
- Coaching in English and German for over 10 years
- Experience in high-pressure business environments and in international leadership roles and leadership development (top 5 consulting companies, "Big 4" experience)
- Experience in how decisions get made at the individual and group level: What goes on, what can go wrong, how people feel after the fact, and what to do to make things different next time. I heard most of the excuses and can help with what comes thereafter.
Author on decision-making based on values, intuition and integrity.
- Deep expertise in how humans learn and grow and what enables positive change
- High "BS-o-meter" paired with deep compassion.

Coaching focus:

My work has values at its very foundation. They are core to what makes you YOU and link to your bigger vision, what drives and fulfils you. **Decisions are then how this gets practical.** How you create the direct line of sight between what is and what you want to be in the future. And then you are moving closer - decision after decision. This is how positive change happens

- This could be **as a dissatisfied professional looking make decisions that make you happier**
- Or as **entrepreneur / leader looking to build and grow a company that truly reflects what they want to bring into the world**

We go deep:

By tapping into your values, intuition and integrity, you start making decisions that feel more like "you" and that increase the level of satisfaction you are getting out of them. This allows you to keep the line of sight to the bigger picture you want to bring to life.

We make it practical:

Decisions are how things happen in real life, this is how you move reality closer to your vision, step by step. Expand your range of how you do this.

We plan for impact in a way that is realistic and achieves results, and we find suitable ways to keep you accountable and create your own support structure to keep going with this. Whether this means helping to (re)light a fire in your heart, or under your "rear-end" (or both). In addition, this process will give you the tools to keep doing this yourself going forward, and how to rope in others so that your life stays vibrant and exciting. This is your life (only better).

My approach works well for those who...

...are interested in truly exploring and in making meaningful change

...are willing to do their part

...are open to stretch their comfort zone in creative ways

This is truly personal and every process is different, tailored from a range of suitable approaches.

My approach works less well for those who...

...are looking for a quick fix

...are expecting me to do their work for them

...are seeing this as merely an intellectual exercise

We partner on this work, but this is your life and you are ultimately accountable.

Relevant qualifications:

- **Trained Business Coach** (since 2007, ICF-accredited training with Coaching Center Berlin)
- **Advanced coaching training** (2012, ICF-accredited with Center for Transformational Presence)
- **M.A. in Communication and Psychology**
- **Postgrad in Systems Thinking and Change**
- **Professional Certificate in Solution-Focused Business Practice**
- **Yoga teacher** (Hatha and Inner Yoga)
- **Licensed for psychotherapy in Germany** (Heilpraktiker fuer Psychotherapie), focusing on resilience. Trained in Client Centered Therapy and Gestalt. Further training in Psychosynthesis and various holistic approaches
- **Fellow of the Royal Society of the Arts (FRSA)**, active in the Future of Work group
- **Author on values and decision making. Book "The Decisive Edge" launching later in 2018.**
- **First career in business journalism, 10+ year career in Learning and Development**

