

Coach Profile Ingeborg Dietz

Ingeborg Dietz
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Born 1958



Profession

I have been working as coach and trainer since 1989, based upon this experience I have been successfully training coaches since 2002. In my work I have integrated a variety of approaches:

- Hakomi - Mindful Somatic Psychotherapy
- Internal Family Systems Therapy
- Introvision
- Systemic Constellations
- Collaborative and Reflexive Systemic Counseling
- Group Facilitation and Moderation

Prior to this, Alternative Practitioner (specialized in Psychotherapy), graduated 1985 Matric 76 in Harare, Zimbabwe (corresponds to German Abitur/University Entrance Diploma)

Professional Background

- 25 years owner and Director of Dietz Training und Partner, since 01/2022 of Dietz Coaching GmbH & Co. KG
- Provider of advanced training programmes for coaches since 2002 (“Psychology of Change - Emotional Intelligence in Coaching”, approved by DBVC, IOBC and Coaching-Index)
- Trainer for Internal Family Systems Therapy – together with Professor Richard Schwartz (2005-08)
- Train-the-Trainer: Emotional Intelligence & Self-Leadership programs in USA (2001-03)
- Alternative Practitioner, Psychotherapy (1985-1991)
- Sales Consultant (1979-1984)

My Coaching Approach

For 25 years I have been coaching top performers at all hierarchical levels. A high level of commitment to people and their concerns, customer orientation and a clear view of entrepreneurial perspectives are what distinguish me.

My way of working is characterized by depth and the search for pragmatic solutions. As a person I am accessible and empathetic. Profound knowledge of change processes, attentive exploration and respect for the uniqueness of people are the foundations of my work.

In coaching my focus lies primarily on the inner world of my clients – the different facets of one’s own personality, automatic reactions and behaviour patterns. Very often it is helpful to develop the core competencies of emotional intelligence - Self-awareness, self-leadership, empathy and knowledge about reciprocal interactions – applying them according to the situation. I quickly grasp important connections and emotional sticking points.

With a good balance of exploration and goal orientation as well as a sure feeling for effective next steps, clients discover appropriate solutions with me.

People appreciate my eye for essentials, empathy and cordial approach. It is important to me to truly meet people and to be a source of inspiration for their personal development.

Coaching Focus

- Self-leadership and self-regulation
- Empathy in leadership, sales and in agile teams
- Cooperation, conflict management and emotional dynamics in groups
- Emotional challenges in the new working world
- Work-life balance and resilience
- One's own impact and reciprocal interactions with others
- Self-assessment, personal development planning and decision-making processes
- Challenging leadership situations and reflection of your own leadership style

Clients and Branches

- Middle and top management
- Consultants, counsellors, trainers and Coaches
- Independent contractors
- Banks and insurance companies
- Automotive industry as well as automotive suppliers
- Companies in the IT, electronics and energy sectors
- Commerce
- Clinics and public administration

Conditions

We arrange a first phone call to discuss your topic and make sure you feel in good hands with me. During the first coaching we reflect and clarify your goals and agree on the conditions.

Coaching sessions can also take place virtually!

If we both feel that coaching based on mutual trust is possible, I will be happy to support you.

Publications (in German)

- Dietz, Ingeborg & Thomas: "Wie Veränderung gelingt: Selbstführung in Coaching und Selbstcoaching", Junfermann publishers 2024
- "Emotionen und Körperwahrnehmungen wahrnehmen und nutzen" in the book "Professionell coachen - Erfahrungswissen und Interventionstechniken von 50 Coachingexperten", Beltz publishers 2014
- "Burnout-Prävention - Achtsamkeit als Schlüssel zur Veränderung", magazine 'Wirtschaftspsychologie aktuell' 2/2012
- "Vom Reden zum emotionalen Erleben - Achtsamkeit und Selbstführung" magazine 'PersonalEntwickeln', Deutscher Wirtschaftsdienst 2009
- "Selbst in Führung. Achtsam die Innenwelt meistern. Wege zur Selbstführung in Coaching und Selbst-Coaching", Junfermann publishers 2007
- "Achtsamkeit als Schlüssel zur Veränderung", 'Coaching-Magazin' 3/2000
- "Accessing" in the book "Coaching-Tools II" by Christopher Rauen, 'managerSeminare' publishers
- Several articles on coaching approaches, magazine 'managerSeminare' 2002-2008
- Various publications on emotional intelligence as well as self-leadership, magazine 'Personalführung' 1998-2002