

## Coach Profile Thomas Dietz

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Born 1959  
Trainer and Coach since 1989

### Profession

I have been working as coach and trainer since 1989, based upon this experience I have been successfully training coaches since 2002. In order to offer high quality development for coaches I have taken many opportunities to develop myself.

- Introvision
- Internal Family Systems Therapy
- Hakomi - Mindful Somatic Psychotherapy
- PBSP/Pesso-Therapy
- Various systemic and psychotherapeutic trainings
- Mediator and trainer
- In addition to training and working as a physician, I obtained the status as psychotherapist in 1991
- Licensed to practice medicine since 1984

### Professional Background

- 25 years owner and Director of Dietz Training und Partner, since 01/2022 of Dietz Coaching GmbH & Co. KG
- Senior Coach DBVC
- 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 psychotherapists 2005-2008
- Train-the-Trainer in the USA 2001-2003
- Partner and member of the management team at Coverdale (1993-1998)
- Part-time staff member as internal trainer at Vereinte Versicherungen, Munich (1991-93)



- Physician and psychotherapist in Grönenbach (1986-1989)
- Physician in Bad Segeberg (1984-1986)

### My Coaching Approach

Coachees particularly appreciate my mindfulness, empathy and profound knowledge of human nature. They easily feel in good hands and can explore how they deal with themselves and others in a trusting environment, thus attaining increased (self-) confidence and optimising their effectiveness in a sustainable manner.

I swiftly grasp complex professional constellations and psychodynamic contexts. The variety of my work and life experience provide me with a wide range of perspectives and thus creative and differentiated approaches.

The scope of my work goes from dealing with organisational fields of force and power up to professional borderline situations and crises. For this I apply a varied repertoire of beneficial models and methods, allowing clients to find their own individual solutions for the current challenges and they gain experiences that are transferable to many different areas of professional and private life.

My human kindness and respect for the integrity of the individual convert the coaching into a special encounter.

## Coaching Focus

- Sparring partner and coach for entrepreneurs and founders
- Organisational fields of force and dealing with power
- Conscious approach to the emotional factors of change
- Emotional and social skills in leadership, teams and in conflicts
- Personal development and self-leadership (based on mindfulness)
- Questions of deeper meaning and individual development planning
- Lasting and balanced performance as well as burnout prevention
- Dealing with crisis and consultancy in the interdisciplinary area of coaching and psychotherapy

## Clients and Branches

- Middle and top management, junior managers
- 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
- Mechanical and plant engineering

## Conditions

We arrange a first 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.

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

## Publications

- Dietz, Ingeborg & Thomas: "Wie Veränderung gelingt: Selbstführung in Coaching und Selbstcoaching", Junfermann publishers 04/2024
- Dietz, Thomas & Thum, Gracia (2017): Emotionale Intelligenz als Kernkompetenz. moment by moment 02/2017
- Dietz, Ingeborg & Dietz, Thomas (2014): "Emotionen und Körperempfindungen wahrnehmen und nutzen". In Ryba, Pauw, Ginati, Rietmann (Editors), "Professionell coachen". Weinheim: Beltz publishers
- Weiss, Halko; Harrer, Michael E.; Dietz, Thomas (2012): "Das Achtsamkeits-Übungsbuch". Stuttgart: Klett-Cotta publishers
- Dietz, I.; Dietz, T.; Weiss, H. (2012): "Burnout-Prävention - Achtsamkeit als Schlüssel zur Veränderung". Magazine 'Wirtschaftspsychologie aktuell' 02/2012
- Weiss, Halko; Harrer, Michael E.; Dietz, Thomas (2010): "Das Achtsamkeits-Buch". Stuttgart: Klett-Cotta publishers
- Dietz, I. & Dietz, T. (2009): "Achtsamkeit und Selbstführung". In Laske / Orthey / Schmid (Editors), magazine "PersonalEntwickeln (6.78)", Köln: 'Deutscher Wirtschaftsdienst'
- Dietz, Ingeborg & Dietz, Thomas (2008): "Vom Reden zum emotionalen Erleben. Achtsamkeit als Schlüssel zur Veränderung". 'Coaching-Magazin' 3/2008
- Dietz, Ingeborg & Dietz, Thomas (2008): "Empathie mit der inneren Familie". Communication & seminar 01/2008
- Dietz, Ingeborg & Dietz, Thomas (2007): "Selbst in Führung. Achtsam die Innenwelt meistern. Wege zur Selbstführung" in: "Coaching und Selbst-Coaching". Paderborn: Junfermann publishers
- Dietz, Thomas (2006): "Unter vier Augen in der Gruppe: Coachingsequenzen im Training". Magazine 'managerSeminare' 08/2006
- Dietz, Ingeborg & Dietz, Thomas (2002): "Die Kunst der Selbstführung: Voraussetzung guter Führung". Magazine 'Personalführung' 8/2002