



change
collaboration
competences
coaching

PROFILE SABINE STOVEROCK

Sabine Stoverock



- Self-employed Business Psychologist (Master of Arts)
- Systemic Consultant (DGSF)
- Agile Change Manager
- Moderator (BDP) & Mediator
- Digital Learning Expert
- Certified in Insights MDI
- Languages: German (native speaker) & English (fluent)
- Has been working as Consultant, Trainer, Moderator and Coach since 2007



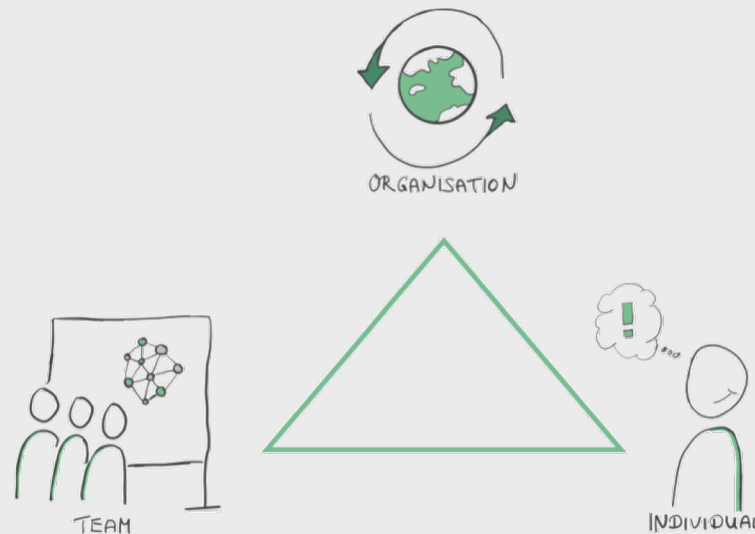
- German & international clients: profit & nonprofit, different industries, startup up to big corporate groups (e.g. Fressnapf Holding, BOSCH Worcester, Biontech AG, German Telekom...)
- Lecturer at different Universities (University Fresenius Köln, Executive School University St. Gallen)
- Several publications about topics like agile transformation, psychological safety, purpose and commitment



For more information about Sabine Stoverock, her offering, publications & references as well as a blog with up-to-date issues and learning nuggets please visit: www.stoverock.com

YOUR ADDITIONAL BENEFIT?

SUCCESSFUL DEVELOPMENT ON 3 LEVELS:



Organisation – Gain competitive advantage & assure longterm success

Should your company become more agile and panic-proofed? Should your corporate culture be invigorated? Should current constraints for success and teamwork be identified and conquered?

What you get is a holistic, targeted and professional support for your **change process**.

Team – High-performance collaboration

As a team, you want to have a better understanding of your team dynamics, strenghts & dysfunctional patterns. You want to improve your **collaboration**. Let us extend your success as a team and make sure that you are able to deal with conflicts, to manage increasing requirements and handle complexity.

Individual – Boost up-to-date & trendsetting competences

You want your individual competences or the competences of your employees to be updated?

What you get are practical and well-founded **competence trainings**. An even more individual opportunity to reflect one's one work life and to change to the better is a business **coaching**.



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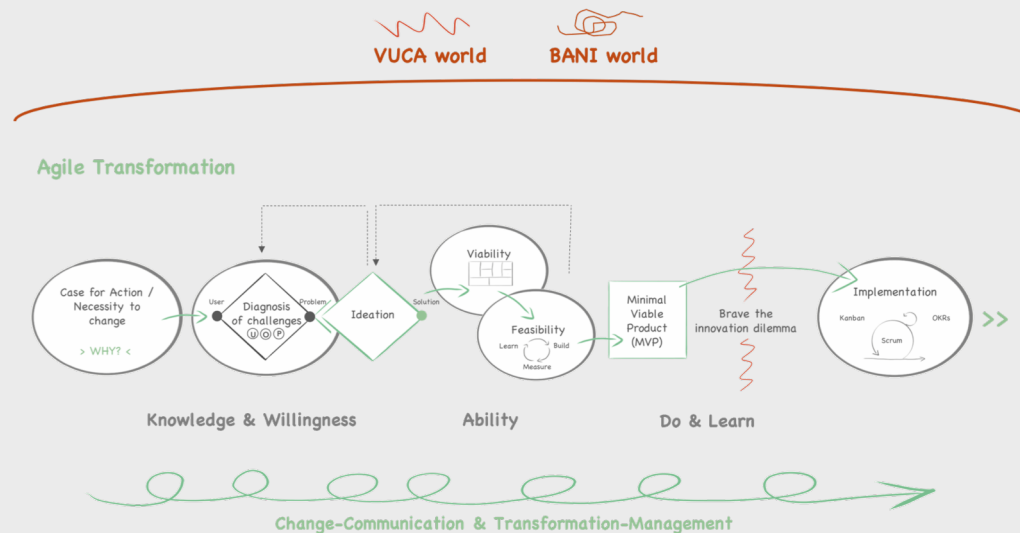
What are your
requirements?

Let's talk about it!

Vogtstr. 7, D-53773 Hennef, Tel.: +49 151 / 723 130 74, eMail: sabine@stoverock.com, www.stoverock.com

You are a CEO or business unit manager and you want to clarify how you can assure long-term success together with your employees. And, of course, you want to implement new ideas and innovation in an efficient manner. Or are you part of the HR department and searching for adequate external consulting concerning a process of change?

What I do is support you with a well-founded and targeted transformation process. On top of that, we will turn your corporate culture into an even stronger competitive advantage. When it comes to complex change processes it is absolutely important to have an overview of all the different needs and measures. The **Change Sonar©** will help us to orientate ourselves:



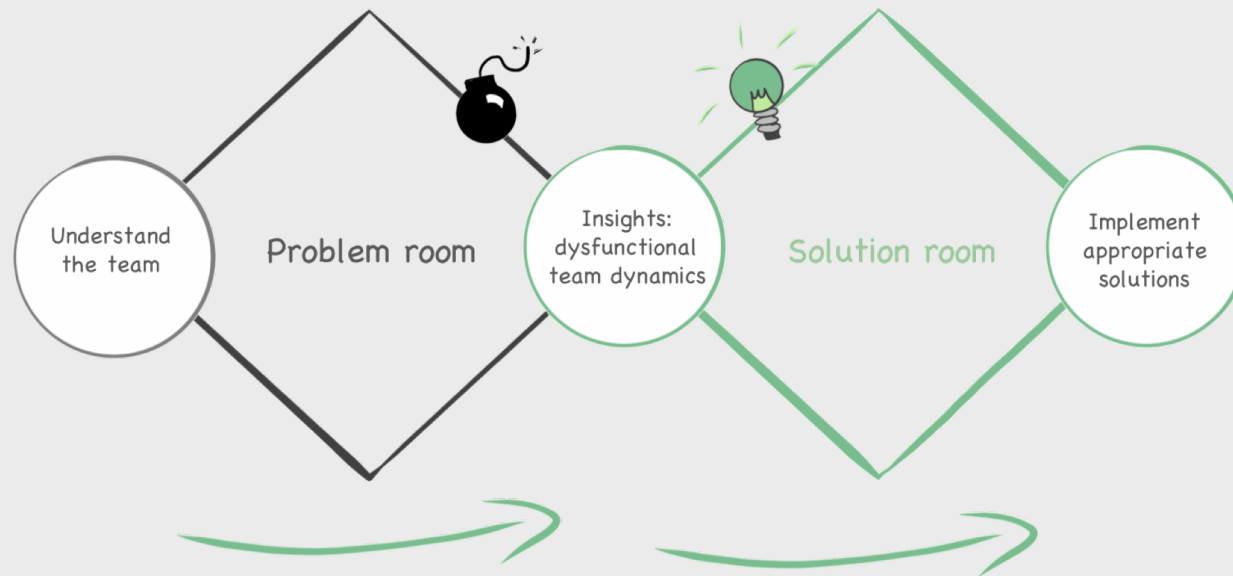
Please also have a look at the Change-Canvas ([Missing Link](#)). Here you can find an overview of possible topics within the scope of organisational change.

Collaboration as a team

You don't know anything about Design-Thinking (yet)? For more information please contact: sabine@stoverock.com

Whatever size your team is – 2 people or 20: Do you want to improve your teamwork and performance? Do you want to clarify which strengths you can build on as a team or rather understand even more which dysfunctional patterns you have developed? Or is there a conflict in your team which you cannot solve without external help?

What I do is help teams – whatever hierarchy level – to identify their supportive and inhibiting dynamics and to use the new common knowledge for an even better alignment and teamwork. Not every well-known solution matches with every team. To find solutions which are tailor-made for your team, we use the Design-Thinking method. Here you find a short version of it:



In a fast developing working environment you realize that you, your managers or employees need some new or stronger competences to remain successful. Or you want to strengthen the leadership skills in your company in order to be able to cope with the requirements of the vuca world.

What I do is train managers and employees inhouse in an interactive, practical and well-founded way – in person or online. With inhouse training we connect the relevant competences with the DNA of your organisation. To stick close to the day-to-day business of the participants and fulfill your needs in the best possible way, I design an individual training concept for you. An important precondition is very good scoping of our common training concept. So, what are your requirements?



Buzzword agility: What is everyone talking about?
Basics about agile mindset, agile methods and agile change



Being a competent leader – How modern leaders make their employees follow



Resilience as core competence in the vuca world



Successful communication, feedback and conflict solving



War for Talents: Turn applicants into fans of your company by conducting professional job interviews



Appearance & rhetoric: Holding interesting presentations

Are you looking for individual support regarding your professional or personal life by a Coach skilled in Psychology? Do you need someone who immerses herself in your current topics in an emphatic & solution-focused way? Or you are looking for a Coach who gives you some new impulses on how to handle challenging situations in your working life?

What I do is, first of all, to listen and to ask helpful questions in order to resolve and widen your perspective so that you can find good solutions for yourself. As a Coach I accompany you in person (Cologne / Bonn area) or online (e.g. via Zoom, Skype...).

