

**Consultant, Trainer and Coach**

Äußere Sulzbacher Str. 118

90491 Nürnberg

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Specialization

- **Leadership Excellence**
Coaching, strategic leadership development, leadership training
- **Change Management**
Support for (international) change projects, change communication
- **Team-Entwicklung**
Teambuilding, conflict management

Experience

- > 5 years of experience Change management and organizational development at Kalusche Consulting, Nuremberg
- Human resources management at SRH Berufsbildungswerk Sachsen, Dresden
- Development and training at UPM Kymmene, Krakow
- Virtual tools (Zoom, MS Teams, Miro, Mentimeter)

Education

- **Systemic Consultant and Coach**
Institute for Systemic Consulting (ISB), Wiesloch
- **Master of Arts: Business Administration – Human Resources Management**
Nuremberg Technical University Georg Simon Ohm
Focus areas: Consulting concepts, coaching and aptitude diagnostics, human resources management
- **Bachelor of Arts: International Business**
Dresden University of Applied Sciences
Focus areas: International Human Resources Management and Supply Chain Management
- Semester abroad: Metropolia – University of Applied Sciences, Helsinki

Additional Qualifications

Trainer qualification (IHK Nuremberg) AdA certificate

Working Languages

German and English





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Who I am and what I bring to the table

- **Change agent**
Enthusiasm for personal and organizational transformation
- **Companion**
Reliability, integrity, openness, and trust throughout the entire process
- **Potential developer**
Empathetic guidance and support for coaches
- **Systemic consultant**
Appreciative and systemic attitude as a foundation

Key Topics

- **Career coaching:** Support with professional development, including self-marketing.
- **Personal development:** Expanding skills and coping with (challenging) situations.
- **Onboarding coaching:** Support during the transition from specialist to manager.
- **Self-management:** Effective self-organisation and time management.
- **Female empowerment:** Strengthening and supporting women in a professional context so that they can pursue their career goals confidently and successfully.

Core Competencies

- Solution and resource orientation
- Organizational and personnel development
- Systemic competencies in coaching and consulting approaches
- Knowledge and experience in the field of change processes and the role of managers and employees in change processes
- Conceptual competence, developing systemic perspectives and hypotheses for specific coaching topics
- Self-reflection and reflection on one's own consulting activities

Working Methods

- Systemic questioning techniques
- Reframing
- Change of perspective
- Life flow work
- Circle of Influence
- Strengths orientation
- Vision work

