

## PROFILE

# Dr. Christof Domrös



## **YOUR DEMAND: What is your issue?**

### LEADERSHIP & MANAGEMENT MASTERY

#### Goals and solutions

- strategically design and develop one's own field of action
- remain focused and effective in the diversity of daily demands
- to meet contradictory and unclear expectations in a professional way
- decide wisely with reflected use of analytics and intuition

#### Contact and collaboration

- achieving clear orientation and joint commitment even in the face of conflicting goals
- understanding the dynamics of one's organisation and providing helpful framework conditions
- be effective beyond hierarchical position and means
- lead in the digital space and at a local distance

#### Process and dynamics

- understanding conflicts, making them usable and clarifying them
- lead and organize between flexibility and stability
- mastering the interplay between leading and being led
- Taking on new positions and roles professionally and successfully

### PERSONAL MASTERY: Self-leadership & Self-management

#### Identity and autonomy

- developing personal-professional identity
- strengthening inner independence and steadfastness
- recognising and changing inhibiting emotional patterns
- navigate professionally in one's own role conflicts

#### Contact and interaction

- develop an individual style appropriate to the situation
- reflect on one's own impact and increase one's effectiveness
- use power responsibly as a means of exerting influence
- develop trusting professional relationships

#### Process and development

- establish helpful behaviour and routines in a new and sustainable way
- deal with stressful demands such as high pressure of expectations
- Reflect on and develop one's own personality
- reorienting oneself professionally

## **MY PROFILE: What do I offer you?**

- **ADVISORY EXPERIENCE:** Management Advisor and Business Coach since 2014
  - Certified "Systemic Coach" (recognized by DBVC/EASC)
  - Certified "Transaction Analytic Advisor" and Member of DGTA/EATA
  - Certified consultant "Reflector Big Five Personality"
  - Lectureship, Leuphana University at Lüneburg, since 2016
- **LEADERSHIP & MANAGEMENT EXPERIENCE:** Longterm experience in upper management positions
  - Working and living abroad (Scandinavia / Copenhagen and USA / New York) as Regional Head and with internationally distributed teams and intercultural topics
  - Responsibility for various corporate functions as Global Head (controlling, finance, branch management, restructuring)
  - Leadership positions within large scale projects (mission statement, strategy, management, reorganization, merger, spin-off)

## **OUR FORMATS: How do we work together?**

- Individual Coaching (presence / video / fon)
- Team Coaching and Team Workshop
- Lecture
- Or is there another format you prefer?

## **How do we get in contact?**

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- For further information see my homepage: [www.christofdomroes.com](http://www.christofdomroes.com)