

## Sabine Mrazek (sabeconsult Coaching)

- Individual & team coaching
- Intercultural management trainings
- One-year systemic business coaching programs

Born in: 1965  
Coach since: 1997

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**Languages:** German, English, French, Portuguese



### References / Industries:

Life Science, Chemical Industry, Telecommunication, Engineering, Retail Industry, Civil Service, Council of Europe, Non-profit organizations and others

### Background & Overview:

Sabine Mrazek is founder of the sabeconsult coaching method and the innovating process model for company coaching. The method is constructively based; holistic and systemic as well as goal- and results-oriented. Sabine Mrazek is expert when it comes to generating sustainable and measurable growth. In 1997 she founded sabeconsult Coaching and since then has worked as Business Coach and Company Coach with many clients in Europe, West- and South Africa, and the US.

Having several years of international experience in leadership proved to be an asset in understanding the business environment very quickly. Corresponding to coaching purpose and situation she makes use of models and various forms of interventions from systemic coaching, expressive therapy, Transactional Analyses, communication psychology, snap theatre and others.

Sabine Mrazek was member of the Credential Committee of dvct (German Association for Coaching and Training) from 2009 to 2015. In 2010 she has been assigned as coach examiner for the accreditation of coaches (dvct).

### Business focus in detail:

#### 1. Main Business Coaching Competencies

- Process Coaching
- (new) Positioning & Leadership
- Generating healthy and sustainable change and growth in the team
- Dealing with conflicts and crises
- Balance Coaching: Stability versus functioning / Dealing with pressure and preventing burnout
- Women in leading position

#### 2. Holistic Company Coaching: Growth for human beings and enterprises

The sabeconsult Company Coaching Model has been designed for small and medium sized companies. It can also be applied for individual organizational units or project teams in order to overcome crises, solving conflicts or establishing new company culture.



**3. Group Coaching:** Opening for change, Change processes in general, establishing new Corporate Identity, conflicts, empowering leadership, intercultural teamwork

**4. Management Trainings:**

- Change Management and healthy leading skills
- Dealing with conflicts
- Sustainable leading: Values – Goals – Company Culture
- Paradigm shift in Sales and Services

**5. One-year business coaching training program:**

**a) Business Company Coaching**

**b) Intercultural Business Coaching**

**Business Background:**

**1985 – 1997:**

- Management and leadership in Marketing & Sales, Product Management, Controlling, Change Management in international chemical company (B2B)
- Six years experience as expatriate in West Africa and Portugal.

**Since May 1997 (launching sabeconsult Coaching):**

- Business coaching of CEOs and executives from economy, politics, non-profit organizations and coaching of whole companies
- Training and Coaching of clients and consultants with regard to Change Management Projects (SAP introductions or merger) in Germany, Belgium, France, Netherlands, Italy
- Coaching of sales Teams relating to customer relationship and Service (Biotech Industry, IT, Services)
- Conception and performing of Inhouse Trainings with regard to communication, leading, conflicts, change processes, motivation, vision finding.
- Conception and performing of sabeconsult Company Coaching with small and medium sized companies
- Developing and introduction of individual human resource concepts
- Intercultural Coaching Workshops with international teams
- Business Coaching of expatriates in Africa

**2009-2015:** Member of the Credential Committee of the German Association for Coaching & Training

**Since 2010** examiner for the accreditation of coaches (dvct)

## Qualifications:

- Certified business coach / dvct (German Association for Coaching & Training)
- Independent examiner for the accreditation of coaches / dvct e.V., Germany
- Certified business coach / dvct (German Association for Coaching & Training)
- Founder of sabeconsult® Coaching, the method for growth and success
- Qualification in improvisational theatre / Galli Theatre, Frankfurt
- Qualification Trainer “realize changes” / Achieve Global, Düsseldorf
- Qualification in psychodrama and gestalt therapy / Beth Weiner, US and Switzerland
- Qualification Leadership & Change / Stephen R. Covey
- Non-medical practitioner for psychotherapy
- Vocational Training “Industrial Business Management” (German Chamber of Industry & Commerce)
- Bachelor Business Economist
- Economic correspondent - french
- Extensive experience as Change Management Coach in international change management projects (Joint Ventures, SAP implementations)
- International exchange group “Learning Organization -The fifth discipline” / Peter Senge
- Holistic trainings in various methods of Holistic Personality Development, such as mental trainings, relaxation, client oriented communication, energy- and body awareness (Yoga, Tai Chi), constellation work, transformational work of different approaches

## Publications:

- Audio Book “Raus aus dem Druck – Rein ins Leben!” (dealing with pressure and avoiding burnout) (ISBN 978-3-00-039263-4, 2012)
- Coaching Video “Raus aus dem Druck – Rein ins Leben!” (ISBN 978-3-00-039256-6, 2012)
- Co-Author „Intercultural Coaching“ for France and the US ( ISBN 978-3-941965-55-3, Manager Seminare, 2013)
- Publication “Coaching has to be culture-specific”, published in Training Aktuell, 2013

## Federations:

- Deutscher Verband für Coaching & Training e.V. (dvct)
- International Coach Federation (ICF)
- Junior Chamber International (JCI)

Sabine Mrazek / 01.01.2016