



Coach + Trainer Profile

Ellen Pachabeyan

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Dipl. Psychologin | Personal and Business Coach

Born in 1969 | married, 2 daughters

Reinhardtstrasse 3 | 10117 Berlin

Fon +49 (0) 178 2583 706 | info@pachabeyan.de |

<http://www.pachabeyan.de>



Qualifications

- M.A. (Diplom) in Psychology, University of Constance, Germany
- Master's studies in Counseling, University of Massachusetts/ Boston, USA
- Integral Coaching/ Business Coach, Integral Coach Academy, Berlin
- Professional Certified Coach, International Coach Federation with more than 2000 coaching hours
- Team developer/ Team coach, Competence on top, Köln
- Certified Trainer, Competence on top, Berlin
- Certified Live-Online-Trainer, Inga Geisler, Germany
- Train-the-trainer stress management, Prof. G. Kaluza, Marburg
- Training of emotional skills, Prof. M. Berking, Marburg
- Reiss-Profile Master, Reiss Profile Germany GmbH, Berlin

Coaching

Specialization

- self-, time and stress management
- leadership role, leadership skills
- Individual and team resilience
- professional change situations und crises
- career development

Training

Specialization

- self-management for executives
- leadership role, leadership skills
- inner strength - resilience
- stress management, time management
- team development, team dynamics, team resilience
- Healthy leadership

Target groups and available formats

- individual coaching for experts, executives and entrepreneurs
- team building, team coaching



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Coaching and training approach / Methods

For **individual coaching and team coaching** I use the integral-systemic coaching approach that incorporates as many factors relevant for the coachee and their situation as possible, and develops the solution strategies accordingly: personality, values, beliefs, behavioral patterns; environmental factors such as the corporate culture and values, framework, processes, roles, resources and their correlations to each other. For actively working on changes, I use a wide variety of solution and action oriented coaching methods.

Being flexible regarding the methods is an important part of my approach to **training and group coaching**, as is acknowledging the connection with the participants' work situation – and providing an enjoyable learning experience.

I work out the content with the group of participants, giving theoretical input, meeting them for individual reflection and discussions. For more in-depth work, we split up for practical exercises in smaller groups, or I ask the participants to partner up (for role play or relaxation exercises etc.) If desired, we can do demo coaching, or exemplary case work, that directly relate to the participants' work situation.

Memberships

International Coaching Federation (ICF)

Working language

German and Englisch

Professional background

since 2006

- As of 2006, independent life and business coach for executives, entrepreneurs, teams and private clients. Established coaching practice in Berlin. In-house work for profit and non-profit organizations
- Lecturer and trainer for ELA, European Leadership Academy, the Coaching Center Berlin, the University of Freiburg and the Deutsche Studentenwerk e.V., among others

1997-2005

- working as a psychologist and psychotherapist in the clinical field