

Coach and Trainer Profile Ellen Pachabeyan



Ellen Pachabeyan

M.A. Psychology | Business Coach (PCC)

Born in 1969 | married, 2 daughters

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Qualifications

- Master's degree in Psychology, University of Constance
- Master's degree in Music Therapy, Hochschule der Künste, Berlin
- Counseling Psychology / Graduate Program, University of Massachusetts/ Boston, USA
- Integral Coach/Business Coach, Integral Coach Academy, Berlin
- Professional Certified Coach (PCC), International Coach Federation
- Profit by Difference, Coaching nach Dr. Modler®, Freiburg
- Certified Trainer, Competence on top, Berlin
- Certified Live-Online-Trainer, Inga Geisler, Germany
- Team developer/Team coach, Competence on top, Cologne
- Train-the-Trainer Stress management program with Prof. G. Kaluza, Marburg
- Training "Emotional Skills" with Prof. M. Berking, Marburg
- Corporate Health Management, Deutsche Psychologen Akademie, Berlin
- Reiss Profile Master, Reiss Profile Germany GmbH, Berlin

Coaching

Specialization

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

Target groups and available formats

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

Training

Specialization

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

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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 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. To actively address changes, I employ a diverse range of solution-focused 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 with participants to develop content, providing theoretical input and facilitating individual reflection and discussions. We engage in practical exercises in smaller groups or pairs, such as role-play or relaxation exercises. Additionally, upon request, we can incorporate demo coaching or case studies directly relevant to participants' work situations.

Memberships

International Coaching Federation (ICF)

Working language

German and English

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 Studierendenwerk e.V., among others

1997-2005

- working as a psychologist and psychotherapist in the clinical field