

# Coach- und trainer profile

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## Martina Lüttringhaus –

expert in leadership development and transformation

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Martina Lüttringhaus is a senior expert in corporate culture, leadership development and executive coaching with 15 years of experience, serving customers like AUDI, Bosch, IKEA, Kautex Textron, Formel D, RTL, Unilever and many more. Her mission is, to enhance modern leadership in the digital age with mindfulness qualities to improve not only success but also quality of work and life for individuals, teams and organizations.

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### Coaching subjects may include:

#### Purpose and Vision

Leadership as a balancing act between one's own purpose and the expectations of all stakeholders is even more successful the more clearly one can align oneself with objectives and visions – and the more credibly you can communicate these as a person in charge. This coaching session focuses on getting in touch with your purpose, identify priorities and taking connected decisions.

## Management and communication

The motivation of your employees is increasingly becoming a decisive competitive factor in times when management systems are increasingly pushed to their limits in terms of optimisation. Through this coaching you place your own leadership and communication behaviour under the spotlight and thereby safeguard this important skill as a top leader.

## Assuming a new position and challenge

In this coaching session you will concentrate on sending out the right signals in your new field of responsibility, specifying factors for success and ensuring a successful debut. This will allow you to get to work on structuring the early days with self-confidence and purpose.

## Profile and self-management

Intensively examine your own skill profile and your personal value system. How do you act under stress, what can you contribute to remain committed and fulfilled?

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## What's special about Martina:

- International experience
- All sessions can also be conducted in English
- Composure and capability, and therefore more effective at dealing with complicated subject and crises
- Credibility and experience
- Charisma and self-confidence
- Belief in tapping into potential
- Confident handling of emotions
- Authenticity

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## Education:

- Business Coach V.I.E.L. Coaching (certified by the dvct - Deutscher Verband für Coaching und Training e.V.)
- innovation trainer at motiv Cologne
- Therapeutic yoga teacher at the Institut für Yoga und Gesundheit (Institute for Yoga and Health)
- Mindfulness Teacher (Mindfulness based stress reduction program by Jon Kabat Zinn)
- Industrial clerk, communication specialist, advertising specialist
- Accredited for Insights MDI personality tool
- Immunity-to-change certified facilitator
- ICF certified PCC coach



## Key areas:

- Executive coaching, corporate culture, management development, workshop moderation, team development, personal development

## Selected references:

- Business Objects, Sterling Commerce, TDS Consulting, o2, Norma Group, Visteon, Nordex, Britax Römer, IKEA, IP Deutschland, Mediengruppe RTL, Globus Fachmärkte, Logocos Naturkosmetik, Dalli Werke, Uniklinik Cologne, Kautex Textron, Unilever
- Individuals regarding the subject of vocation coaching, career coaching

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## Publications and media appearances:

- 3 appearances as an expert on the subject of burn-out, work-life balance and workplace motivation at RTL Aktuell
- Book publications: EQ Tools by managerSeminare Verlag: “Das Identifikationsquadrat” [The Identification Square], “Emotional intelligente Entscheidungen treffen” [Making emotionally intelligent decisions]
- Articles in the compendium “E-Coaching und Online-Beratung” [E-coaching and online advice] by Prof. Dr. Harald Geissler, Research Centre for Coaching Expertise at the University of Hamburg