

## PROFILE

# Dr. Christof Domrös



As an experienced and certified leadership coach, I have been supporting managers for around ten years. Whether it's successfully navigating your way into your new position (leadership onboarding) or confidently coping with specific situations in your professional role and your individual professional development (leadership mastery) - I'm here for you!

After around two decades in management roles, I am very familiar with coping with professionally and personally challenging situations and especially within sandwich positions. I have been responsible for various corporate functions and have reported directly to top management: both at head office and from branches, both in Germany and abroad, in line and project, in different market phases from growth to reorganization and as well in phases of radical internal transformation.

My approach is based on the transparent use of well-founded and situationally appropriate concepts and strategies that have proven their worth in finding concrete and substantial solutions to personal and organizational problems.

I offer you a partnership-based and trusting collaboration in which you can utilize my extensive management experience and my well-founded consulting expertise to gain inspiring new impulses, make smart decisions appropriate to the situation and effectively strengthen your resources.

**COACHING COMPETENCE:** around 10 years in coaching and advisory

- **Certifications**

- Certified Senior Coach (DBVC/EASC) and member - the leading association in the German-speaking world that focuses on business coaching and leadership
- Certified Transactional Analysis Advisor and member (DGTA/EATA)
- Certified for "Reflector Big Five Personality"

- **Selected further professionalization on:**

Decision-making, self-leadership and self-management, resource activation, stress management and resilience, emotion regulation, cognitive psychology, neurocoaching, personality analysis and development, communication psychology, rhetoric, storytelling, conflict regulation and conflict coaching, influence and power, lateral leadership, negotiation, organizational analysis and cultural design, strategy development

- **Lectureships** on Leadership and Transformation at Leuphana University Lüneburg (since 2016)

**LEADERSHIP EXPERIENCE:** around 20 years in management positions

- Working and living in Germany and abroad (Hamburg, Scandinavia/Copenhagen, and USA/New York) as Regional Head with internationally distributed teams and intercultural issues
- As Global Head, responsibility for and expertise in core functions (strategy, controlling, finance, reorganisation/restructuring)
- Experience in the management of major projects (corporate culture and mission statement, strategy, controlling, reorganisation, merger, spin-off)

### Contact

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