



Sarah Stange

Consultant

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Languages

German, English, French



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PROFIL

Strengthening potential – authentic leadership

People are at the center of my work: I support them in discovering, utilizing and systematically developing their strengths and potential. My goal is for them to be able to fulfill their role(s) authentically and to act effectively – thus making a significant contribution to the company's success. To do this, I combine psychological expertise with practical, pragmatic approaches – always focusing on what is needed individually and in the respective company.

As a psychologist with experience in the areas of employee and leadership development, resilience and health in companies, I support people in reflecting on and questioning the status quo, in gaining new experiences and in expanding their scope (of action). If needed, I supplement this process with drama methods designed to make individuals more aware of their own presence, voice, and demeanor, and thus more able to control them.

Consciously shaping the way you are perceived is an essential aspect of leadership: An authentic and *self-conscious* demeanor creates clarity and persuasiveness – for the individual and others.

By combining different approaches, I create a space for holistic development in which new options for action and sustainable change become possible – away from short-lived impulses and toward genuine self-efficacy.

In our collaboration, you will experience me as an empathetic yet down-to-earth and analytical sparring partner with a trained eye for the essential. I work in a people-oriented manner and on an equal footing – and always with the goal of initiating noticeable development.

My expertise for you

- Didactic design and delivery of training programs (face-to-face and remote) for the development of experts and leaders, e.g., on topics such as *leadership, communication, resilience, and feedback*
- Design and delivery of Individual and Group Assessment Centers for the selection and development of leaders and talents (face-to-face & remote)
- Design and delivery of Development Centers and analyses of potential to identify strengths and development areas in talents, experts, and leaders
- Delivery of one-on-one coaching sessions for experts and leaders

Special skills

- M.Sc. Psychology
- Licensed management diagnostician in accordance with DIN 33430
- Corporate experience as a coach and trainer in the area of health management
- Several years of experience as a (self-employed) coach; focus: systemic coaching
- Trained actress (Filmschauspielschule Berlin [Drama School Berlin])
- Hogan Assessment Certification

Selected customers

- Meteo Schweiz
- Stadt Bern
- CSS-Versicherung
- RENK Group AG
- tk Presta
- Nordex SE
- Westnetz GmbH