

# ID Master Coach / ID Psychotherapist Lisbeth Storm

## Profile

### Education (summary)

Certified ID psychotherapist (MPF) and ID Master Coach  
International coaching in family and company groups  
Bachelor of Commerce in Human Resources Development  
Further education: several courses, further studies and seminars within personal development, coaching, psychology and therapy (counseling).



### Work Experience (summary)

Self-employed coach, therapist, advisor and counselor since 2003 within stress, well-being, career development, anxiety, depression, self-esteem / self-confidence and communication.  
Previous experience: HR, change processes and staff development across various departments. I have been involved in building up a coaching enterprise. Partner in [Flexcoaching.dk](http://Flexcoaching.dk)

### Contact info:

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### Coaching at my premises

Coaching covers all aspects of life, and together we specify your goals and challenges. Via different methods and techniques and my many years of experience, you will be pushed and supported to use your full power. You will discover new sides and get an understanding of your usual behaviors that will enable you to break barriers and perform in new ways. You can develop in the direction you want, and whether you are new or have previous experiences in working with yourself, you will be encouraged with a firm, open-minded and unbiased approach to put desired changes into concrete actions. You have full client confidentiality and I work according to DPFO and ID-PF's standards and ethical guidelines.

My core competencies:

#### Worklife coaching

Worklife Coaching is about finding the balance and meeting the challenges in your everyday life. You might feel stuck, want changes and get inspiration to your present life. You will get concrete methods and techniques so you can break down your old, undesirable habits, increase your self-confidence and self-esteem and get the full benefit of your potential.

#### (Preventive) Stress coaching

Do you feel derailed and/or do you have the classic stress symptoms: Concentration difficulty, unrestful sleep, rapid heartbeat, feel joyless, etc.? With (preventive) stress coaching you will get an overview, stress tools and learn to chart a course for your life to obtain long-term solutions, so you don't have a relapse. The sooner you get here, the better.

#### Career coaching

Including in the Career Coaching package is Cfl's profile analysis: Decision Dynamics Karrieremodell™, which along with our talks will make you understand current diversities, break down barriers, get new inspiration, and bring you closer to your dream career.

