

ID Master Coach / ID Psychotherapist, MPF - Lisbeth Storm

Profile



Education (summary)

Certified ID Master Coach

Certified ID psychotherapist (MPF)

International coaching in family and company groups (3 years)

Further education: Further studies and seminars within coaching, psychology and counseling.

Work Experience (summary)

Self-employed coach, therapist and counselor since 2007

External, in-house coach for larger companies in CPH and permanent facilitator in courses with Personal Power, Self-worth & Values and Preventing Stress as topics.

Partner in Flexcoaching.dk

Previous experience: HR, change processes and development and have built up a coaching enterprise.

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Read more on: www.lisbethstorm.dk

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My coaching

By a wide range of different methods and my many years of experience, I daily support clients who wish for changes. Together we specify your goals and challenges, and you will quickly get an understanding of your usual behaviors and discover new sides of yourself. You will be firmly supported, which will enable you to break barriers and perform in new ways. Whether you are new or have previous experiences in working with yourself, profound changes will emerge. My goal is always to find your full power and to put desired changes into concrete actions. You have full client confidentiality and I work according to DPFO and ID-PFs standards and ethical guidelines.

My core competencies:

Worklife coaching

Worklife coaching deal with the challenges you meet in your everyday life to which there are many examples. You might feel stuck, wish for changes or to get some inspiration and renewal to your life. Maybe certain themes reoccur, which by a thorough examination gives new insights and ways to approach them. Everything will assist your quality of life and well-being and will increase your self-confidence and self-esteem, which is your inner platform to navigate from.

(Preventive) Stress coaching

Do you feel derailed or do you have the classic stress symptoms: Concentration difficulty, unrestful sleep, rapid heartbeat or feel joyless? With (preventive) stress coaching you will get an overview of your situation, concrete stress tools and learn to chart a course for your life to obtain a long-term plan, 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.

