

# Wouda Kuipers

BUSINESS COACHING & TEAMBUILDING



Wouda Kuipers Business Coaching & Teambuilding is part of Wouda Kuipers Business Consulting & Coaching GmbH.

## Wouda Kuipers Business Consulting & Coaching GmbH

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Please make an appointment with us for a free and non-committal initial meeting.



After studying business management, Dutch-born Ingrid Wouda Kuipers worked successfully for 15 years internationally in management positions in the fields of strategy, marketing and sales, communication und public affairs.

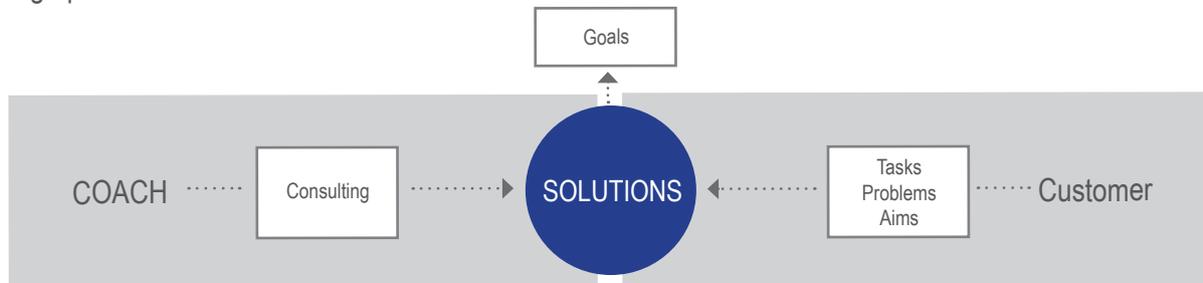
Since autumn 2006 she has lived in Hamburg and founded her consultancy firm Wouda Kuipers Business & Public Affairs in 2007. At the Coaching Academy in Hamburg she has completed the training to become a systemic coach, recognised by the German Federal Coaching Association, and the training in systemic teambuilding. She has set up Wouda Kuipers Business Coaching & Teambuilding. Since March 2011 she is Managing Director of her new founded company Wouda Kuipers Business Consulting & Coaching GmbH.

Her customers benefit from her broad corporate experience and knowledge of company processes. As a foreign manager she also has an intercultural perspective of people and contexts and can really imagine the professional life of expatriates. Her strengths lie within her enthusiasm, her reliability and her down-to-earth approach. Her style is respectful, constructive and goal-oriented.

## Business Coaching

**Wouda Kuipers Business Coaching** supports corporate and self-employed managers with tailor-made advice to deal with professional duties and/or personal issues. We enable you to find your own solution within your personal resources. The issues can be diverse:

- Corporate structuring processes
- Dealing with company restructuring
- Conflicts
- Change processes
- Professional re-orientation
- Combining work with personal life
- Continued personal development



## Coaching for expatriates

Starting out as a manager abroad not only means dealing with new management responsibilities but also mastering cultural challenges. Cultural differences – for example, why other rules apply in companies or how decision-making processes are organised – are not always understood. Thought processes and successful strategies, sub-conscious until now, are not automatically effective abroad. **Wouda Kuipers Business Coaching for expatriates** or for German managers who go abroad enables them, on the one hand, to integrate more quickly and to optimise their performance and, on the other hand, to create cultural synergies within the company.

### Contents of the coaching process

Preparation phase with establishment of advisory goals

## Phase 1

- Which challenges and/or which opportunities do I expect?
- How can I optimise my capabilities as quickly as possible?
- What are my courses of action?
- Awareness of current thought and success patterns.

Coaching during the initial phase

## Phase 2

- What is my experience so far?
- How do I bring my previous thought and success patterns into the new context?
- How do I improve my capacity to act under the new prevailing conditions?
- How do I shape my management role in the company?

Goal evaluation

## Phase 3

- Have I optimised my capabilities?
- Which (new) behavioural and success patterns have I internalised?
- Do I feel integrated?
- What possibilities do I have to generate cultural synergies in the company?

Coaching sessions are held in English, German or in Dutch. Advisory processes are structured tailored to the client, whereby integration of the phases is possible. Some sessions can also be via the telephone.

## Teambuilding



**Wouda Kuipers Teambuilding** offers the moderation and conceptual development of group processes in organisations in a German and international context. We combine our long-term, international and strategic diverse experience in corporations applying systemic team-building methods. Typical team processes that we accompany are:

- Updating visions, objectives and strategies
- Repositioning after major changes
- Merger of departments