

<p>Julia Augenstein</p> <p>elterngarten Systemic Personal- & Business Coach (DCV)</p> <p>YOB 1972</p> <p>+49 1638379424 mail@julia-augenstein.net</p> <p>www.elterngarten.online www.augenstein.coach</p>	
<p style="text-align: right;">Profile</p> <p>Coaching of working parents on all management levels, leadership Coaching trainings on (personal) leadership, communication skills, mindfulness & burnout prevention. Certified Career expert (vR)</p> <p>leadership experience for up to 40 employees</p> <p>Coaching focus: Career strategy leadership Self-guidance</p> <p>Values: Appreciation Transparency Inspiration</p> <p>Industries: HR Consulting FMCG Automotive Finance</p>	<p>CV</p> <p>2017 - today Augenstein Coaching & Personalberatung, Düsseldorf/Neuss Coaching Consulting Training Owner</p> <p>2015 - today elterngarten – Parental coaching for working parents, Düsseldorf/Neuss coaching consulting training Personal Coach</p> <p>2013 – 2019 von Rundstedt, Düsseldorf Career Consulting Sales Coaching Senior Consultant</p> <p>2002 – 2013 Randstad Deutschland, Rhein-West Sales Leadership HR Consulting Senior Consulting</p>
 <p style="text-align: right;"> elterngarten</p>	<p>Mission</p> <p>I support working parents in finding their way to a self-determined and satisfied life with career and family.</p> <p>Here I accompany working parents through change situations and help them uncover hidden resources.</p> <p>My strength lies in helping parents to dissolve blockades and stress through a mindfulness approach.</p>



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Petra Annette Fellmann

FellmannCoaching & Consulting
Systemic Personal & Business Coach
(IOBC, DBVC certified)

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Profile

Coaching of executives and specialists. As a certified career expert, I combine personal experience from business with systemic coaching. I advise employers on employer branding and identity-creating work.

Leadership experience for up to 20 employees

Focus:

Career strategy | Self-guidance | Personal branding

Values:

Self-determination | Personal development

Industries:

FMCG | Consulting | Medical | Digital

Working experience

2021 - today **Curalie/Fresenius**, Hamburg
Head of Marketing

2018 - today **elterngarten – Parental coaching for working parents**, Hamburg
Personal Coach

2015 - today **FellmannCoaching & Consulting**, HH
Business Coach | Consultant

2018 – 2021 **DEBA – Employer Branding**, Berlin
Lead Corp. Comm. & Community DACH

2003 – 2016 **Coca-Cola**, Berlin/Erlangen/Stuttgart
Head of Marketing | Commercial
Development Manager

Certified Employer Brand Manager | Participant of global coaching program "Women in leadership@Coca-Cola"



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Mission

With my approach **Guide Yourself** I provide coachees with support in their efforts to become aware of their own personal responsibility and to realize the planning of their own career as well as their own life with determination.

They thus create the basis for personal contentment and increase their chances of living a work-life balance while continuing to pursue their careers.

Janine Gilliot

Systemic Business Coach (dvct) and Career Coach

* 1980

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Profile

Achieving goals and implementing visions together
persevering, sincere, balancing, encouraging

10+ years of HR experience in a multinational environment

Focus:

Career Orientation | Job application | Spouse Career Coaching

Values:

Appreciation | Humanism | Empathy

Industries:

HR Consulting | Industry | Trade | NGO

Professional Experience

- Since 2021 **elterngarten – Coaching for working parents**, Lausanne
- Since 2022 **Randstad Risesmart**
Application Advice in the Outplacement Service
- Since 2021 Coach for family friendly careers
- Since 2019 HR Interim Manager (CH)
- 2018 **Adent**, HR-Generalist (CH)
- 2016 Move to Switzerland
- 2002 – 2015 **Grohe AG**, Hemer & Düsseldorf (DE)
HR-Management | Expatriate Management | Recruiting | Personnel Development



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Mission

As a certified Business & Career Coach and HR professional
I bring clarity, support and guidance to individuals who are in transitions in their life and act for them as a reliable source of safety.

I help humans to recognize their strengths (again) and to let them shine.



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Christine Winnacker

owner elterngarten
systemic Personal- & Business Coach (DFC)

born 1979

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profile

Coaching of working parents on all management levels, leadership Coaching trainings & seminars on personal leadership and time management, burnout prevention

leadership experience for up to 40 employees

Coaching focus :
work-life-balance | time management | personal leadership

Values:
appreciation | mindfulness | empathy

Branches:
Human Resources | Logistics | Automotive

CV

- 2015 - heute **elterngarten – Coaching for working parents**, München
coaching | consulting | training
owner
- 2007 - 2010 **INPERSO Personalberatung**, Oldenburg
Human Resource Consulting | Recruiting | Sales
Senior Consultant
Branch manager
- 2006 - 2007 **INEOS Vinyls**, Wilhelmshaven
Sales | Account Management
- 2005 – 2006 **Nordfrost**, Schortens
- 2005 – 2006 **Volkswagen, Wolfsburg**
Foward Sourcing



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Mission

My coachings are aimed at activating the clients' resources to prepare for the impacts their parental role has on their professional life and vice versa. We explore and implement strategies to establish a healthy work life balance, especially once they are transitioning back to their jobs after parental leave.

Thus my clients find themselves highly committed to their various roles in life and capable of creating a healthy balance of meeting the professional demands of their jobs while respecting their personal values and needs