

Empowering Leaders Through Self-awareness & Resilience

As a licensed Psychotherapist and Ex-Executive, I combine expertise in mental health and DE&I with my own top management experience in order to have your back as a leader. Whether you are facing private or business challenges, I am equipped to be your sparring partner and safe space.

- / **How Am I Doing as a Person?**
- / **How am I Doing as a Leader?**
- / **How Is My Team Doing?**



Check out for more information



Overview

I combine expertise in psychodynamic psychotherapy and leadership coaching with my own top management experience in big corporates. With my hands-on and collaborative approach, I support leaders facing challenges in identity, team dynamics, and mental well-being by offering a confidential space for exploration and self-discovery. I respect each leader as the expert in their journey, guiding them with deep listening, thought-provoking questions and - if wished - best practice exchange.

How Am I Doing as a Person?

- / Processing a health or mental health diagnosis
- / Dealing with sickness or death of a loved one
- / Integration of certain identity aspects into life & work (e.g. secret bisexuality, working class background)
- / Partnership conflicts or challenging dynamics at work

How am I Doing as a Leader?

- / Does your role fit to your strengths and to your life?
- / How can you be a compassionate leader while having a depression or being neurodivergent?
- / Do you feel well accepted and included in the management team or do you feel, you need to mask?
- / Considering sharing personal information with your team such as your sexual orientation, a challenge at home or your ADHD diagnosis?

How Is My Team Doing?

- / A team member is sick quite often or for quite a long time and you feel unsure how to behave and how to support the rest
- / Your team has developed challenging dynamics like harassment, intergenerational conflicts or a normative view on performance
- / One of your directs has a mental health challenge / personal crisis and you would like to know how to support and where to set boundaries
- / You have a diverse team and would like to enhance team cohesion where everyone can value their differences but still find common ground for ways of working



I Am Fueled by Freedom and Curious to Learn What Freedom Means to You.



Mental Health Navigation



Inclusive Leadership Development



Embracing Neurodiversity

Reach out

pronouns: she/her

#callmebymyfirstname

/ www.katrin-terwiel.de

/ +49 (0)157 70 57 2525 / office@katrin-terwiel.de



Connect on LinkedIn



Download press photos & logo

Katrin Terwiel