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COVER FEATURE

Thaddaeus Koroma

International top speaker, celebrity life coach and serial entrepreneur -Thaddaeus Koroma is one of the world's leading business coaches. He speaks to Discover Germany, Austria & Switzerland about his popular live event series, tricks for a more successful everyday life and more.

SPECIAL THEMES

Swiss Children's Universe 2020

Our world can offer a million miracles each day - if we look through the lens of our kids. We take you on a lovely journey to the children's universe of Switzerland.

A Guide For Your Dream Wedding

Are you planning a wedding either now or perhaps in the near future? If so, we have got you covered with this special theme.

Gourmet Guide Switzerland 2020

Switzerland is perhaps best known for its fondue and top-quality chocolate, but it truly has a lot more to offer when it comes to culinary delights. We take a look at some of the country's top restaurants.

To-Do List for 2020 - Introducing Switzerland's Top Museums

Planning a trip to Switzerland in 2020? Visiting one of the country's many great and diverse museums and cultural institutions is always a superb idea. We introduce some of Switzerland's top museums.

Top Agency Index 2020

- Switzerland's Best Agencies

Whether you need a good design, advertising or software agency, we've got you covered in this special theme.

Germany's Leading Coaching Experts

Looking to take your business or your personal skills to the next level? To find your right fit, we have collected some of Germany's best coaching experts.

FEATURES

Top-Ten German Wine Regions

A good wine is always a great idea! And because German wines have become very popular in recent years, we discover which regions should be visited if you're planning a trip to Germany... and love wine.

Star Interview: Philipp Christopher

German actor Philipp Christopher is cosmopolitan through and through. He speaks to Discover Germany, Austria & Switzerland about his latest projects, the famous series Origin, climate change and much more.

Love is in the Air

Valentine's Day is a great reason to book a little February getaway, and there are plenty of wonderful options across the DACH region. Our writer Marilena Stracke finds out more.

Horses, Snow and Oysters

The Swiss White Turf event, which has been held annually since 1907 in the beautiful St. Moritz, is a unique and exclusive horse-racing event which is well worth a visit.

REGULARS & COLUMNS

Dedicated to Design

Whether you are searching for trendy interior items or colourful outfit inspirations, be sure to take a look at our Design section.

44 Culture

Find out more about educational institutions and cultural attractions throughout the DACH region in our Culture section.

Travel 56

Looking for top hotels, great event locations, deluxe hotels and unique experiences to enjoy? Take a look at our Travel section.

Business

Our Business section is filled with innovative companies, recruitment and consulting experts, Switzerland's top agencies and exclusive business profiles. On top of that, our columnist Gregor Kleinknecht discusses the omnipresent Brexit negotiations.

100 Art Column

Our art and culture columnist Matt Antoniak explores a significant art exhibition in Berlin this month.

102 Culture Calendar

Discover Germany's Culture Calendar is your perfect guide to what not to miss in February.

Barbara Geier Column

This month, our columnist Barbara Geier asks herself whether Germans are romantic – just in time for Valentine's Day.



One of the very first coaches

During his psychology studies in the early nineties, Christoph Schalk was already working as a student coach and was hence one of the first in Germany. Today, the certified psychologist and coach can proudly look back at over 25 years in the field. However, one thing has remained the same all along: his passion for the successful change process.

TEXT: MARILENA STRACKE I PHOTOS: CHRISTOPH SCHALK

Christoph Schalk is dedicated to his work with all his heart. In Germany, he was one of the first coaches and started working during a time when coaching was known about almost only in the US. Accordingly, his first training as a coach took place in Los Angeles, after he completed his psychology studies.

Today, the master coach and coach trainer at the European Association for Supervision and Coaching runs his own renowned company, 'empowerment.zone'. He is also a co-founder of and trainer at the Business Coach Academy Würzburg. Having written various textbooks and articles about coaching, Schalk is considered an established expert in his field.

"I'm specialised in people," he often says with a hint of provocation. "In people

who would like to master change perfectly and who want to reach their goals." Clients place their trust in Schalk regarding both professional and private matters. However, his international client base is largely made of executives in high-profile positions. Coaching is offered in English or German and the sessions are either held in person or online.

Schalk is often able to help his clients, who come from over 20 different countries, in a quick manner. Based on his expertise gained in over 5,000 hours of coaching, he also offers time-efficient short-term coaching. Hence, he is delighted when, for example, a team leader of a large wholesale company develops a new inner attitude towards their position after just three sessions, receives positive feedback from their employees

and boss, and when the coaching process can be wrapped up after only half of the estimated time. Or when a professional musician, who suffers from great performance anxiety on stage, is able to play in concerts again after just two sessions.

As an empowerment coach, Schalk ensures that his clients can soon get along without him. "Personally, the best part of the coaching is when my clients use their own capabilities to master their challenges and I provide the supporting, methodical framework for it," he sums up with a smile.

www.empowerment.zone



Master Coach Christoph Schalk

Ein Coach der ersten Stunde

Christoph Schalk coachte schon während seines Psychologiestudiums Anfang der Neunziger und war somit ein Coach der ersten Stunde. Der Diplom-Psychologe und mehrfach-zertifizierte Coach darf heute stolz auf über 25 Jahre erfolgreiche Berufserfahrung blicken. Eines hat sich allerdings nicht geändert: Die Leidenschaft für gelungene Veränderungsprozesse treibt ihn nach wie vor an.

Christoph Schalk ist mit Leib und Seele bei der Sache. In Deutschland war er einer der ersten und fing zu einer Zeit an zu praktizieren als Coaching fast nur in den USA bekannt war. So begann auch seine Karriere nach dem Psychologiestudium mit einer Ausbildung zum Coach in Los Angeles.

Heute führt der Master Coach und Lehrcoach der European Association for Supervision and Coaching sein eigenes renommiertes Coachingunternehmen ,empowerment.zone' und ist zudem Mitbegründer und Ausbildungsleiter der Würzburger Business Coach Akademie. Als Autor einer Vielzahl von Fachbüchern und Artikeln zum Thema Coaching ist der Diplom-Psychologe zweifellos ein etablierter Experte auf seinem Gebiet.

"Ich habe mich auf Menschen spezialisiert", sagt Schalk oft gern etwas provozierend. "Auf Menschen, die Veränderungen optimal bewältigen und ihre Ziele gut erreichen wollen." Die Thematiken, mit denen die Kunden vertrauensvoll an den Profi herantreten, sind sowohl beruflich als auch privat. Der größte Teil seines internationalen Kundenstamms besteht allerdings aus Führungskräften in gehobenen Positionen. Gecoacht wird auf deutsch und englisch, bei persönlichen oder virtuellen Gesprächen.

Schalk bringt seine Kunden, die aus über 20 verschiedenen Ländern kommen, oft in rasantem Tempo zum Ziel. Basierend auf dem Erfahrungsschatz aus über 5.000 Coachingstunden bietet er das zeitökonomische Kurzzeitcoaching an. Für ihn gehört es dementsprechend zu den Highlights seiner Arbeit, wenn beispielsweise der Teamleiter eines Großhandelsunternehmens nach drei Terminen eine neue innere Haltung zu seiner Rolle entwickelt hat, dazu positives Feedback von seinen Mitarbeitern und dem Vorgesetzten erhält und der Coachingprozess nach der Hälfte der veranschlagten Zeit erfolgreich beendet werden kann. Oder wenn eine Berufsmusikerin, die unter massiver Auftrittsangst und Totalversagen auf der Bühne leidet, bereits nach zwei Coachings wieder befreit auf Konzerten spielt.

Als Empowerment-Coach sorgt Schalk dafür, dass seine Kunden schon bald wieder ohne ihn auskommen. "Der schönste Teil des Coachings ist es für mich, wenn meine Kunden ihre eigenen Fähigkeiten nutzen, um ihre Anliegen zu lösen - und ich einen unterstützenden und systematischen Rahmen dafür anbieten darf", fasst er lächelnd zusammen.

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