

*discover*  
**GERMANY**  
*Switzerland & Austria*

Issue 83 | February 2020

**THADDAEUS  
KOROMA**

THE JOURNEY HAS JUST BEGUN

**PLUS**

GOURMET GUIDE SWITZERLAND

DREAM WEDDING GUIDE

**LEADING COACHING EXPERTS**

DESIGN, TRAVEL, BUSINESS & MORE

THE MAGAZINE PROMOTING GERMANY, SWITZERLAND & AUSTRIA

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Photo: © Thaddaeus Koroma



Photo: © Pixabay

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Christoph Schalk during a coaching session with a client.

## 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 | 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](http://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.

[www.empowerment.zone](http://www.empowerment.zone)



Interviewpartner



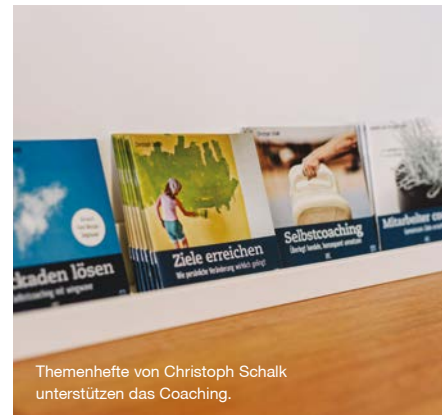
Gefragter Speaker und Trainer.



Coaching am digitalen Flipchart.



Gefragter Speaker.



Themenhefte von Christoph Schalk unterstützen das Coaching.