

Tessa Richter Career Coaching

- *Are you looking for a new job or thinking about a change of direction within your career?*
- *Would you like to reflect on what's really important in your professional life and how to go about implementing it?*
- *Are you wanting to create a sustainable work environment*
- *and develop new tools for mental health and wellbeing?*

Our Coaching Programmes are based on the triad
know yourself – love who you are – create what matters

Besides traditional tools we also use more unconventional ones:

- **Imagery** for a different perspective and seeing the larger picture
- **Meditation** to go deeply within and step out of the chatter of your mind and find your own answers
- **Creative/artistic expression** to explore who you are, and how to express it in the world.
- **Mindset** and visualisation techniques

and will offer the space to answer questions such as:

- **your purpose** or mission
- your transferable skills and **true strengths** and how to market them
- **your values** and what really matters to you
- **the best viable options moving forward** and how to evaluate them

empowering you to find the job, type of work and environment that is right for you!

Our programmes include defining your needs, selecting the best approach, meeting once a week over a fixed period of time and home assignments. You will receive all the necessary practical support with your CV, cover letter, interview skills, networking etc. My own personal network can hereby enhance your network in your exploration and search for a meaningful pursuit in business, art, or education.

My own **experience of building several successful careers** - self-employed, as a freelance and as an employee - in the USA and Switzerland, has been the basis for my successful career coaching since 2010, with my international background enabling me to coach comfortably in German, Swiss German, English and French.

I have been working with **OTP - Your Partner for Change** in coaching business people from all levels and skills, including untrained clients, skilled professionals, middle management, highly skilled specialists, and C level executives, as well as government officials, artists, musicians and other creatives.

I completed a training at OTP, am certified by **Career Partners International**, and a certified coach for **Coachingplus** in Studies in Applied Coaching. I'm also a certified trainer and coach for **Leaders empowered**, a programme based on process oriented psychology.