



Dr. Kerstin Mauth

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Main areas of expertise

- Career development inside and outside of academia
- Leadership skills for young leaders in academia
- Self-leadership and personal development (Following through, building resilience, stress management)
- Mindfulness and meditation
- Coaching and small group coaching

Experience in academia and professional background

- Since January 2018: Freelance coach, trainer and systemic consultant in the academic sector
- March 2016: Founding of own company *Wechselwirkung Coaching* (today Kerstin Mauth Coaching)
- 16 years of professional experience in science management with an expertise in Human Resources Development, Leadership Development, Career- and Leadership Coaching and Public Relations (at the University of Göttingen and the Max Planck Institute for Psycholinguistics in Nijmegen, NL)
- 1998 – 2002: PhD scholarship at the Max Planck Institute for Psycholinguistics (Nijmegen, NL)

Relevant coaching qualification

- June 2019 – September 2021: Degree program “Train the Trainer – Mindful Leadership” (Universität Witten/Herdecke and Rudi Ballreich, trigon Unternehmensberatung)
- Since January 2019 (ongoing): ICF Accredited Coach Training Program (Academy for Coaching Excellence, Maria Nemeth; aspired certification: Associate Certified Coach)
- March 2018: Certified ZRM basic course (Züricher Ressourcen Modell)
- June – October 2017: Mindfulness Teacher Training (Christopher Titmuss)
- October – November 2016: Playing Big Intensive Cours (Tara Mohr)
- March 2014 – February 2016: Qualification program „Systemische Beratung“ (conducted through the *Kasseler Institut für Systemische Therapie und Beratung* and *con.sentio* and certified by the *Systemische Gesellschaft*)

Memberships

- Coachingnetz Wissenschaft: <https://www.coachingnetz-wissenschaft.de/>
- Systemische Gesellschaft: <https://systemische-gesellschaft.de/>

My philosophy

“The root word of education -- educare -- means to lead forth a hidden wholeness in another person. A genuine education fosters self-knowledge, self-trust, creativity and the full expression of one’s unique identity. It gives people the courage to be more.”

Rachel Naomi Remen, Author

My work is inspired by bringing out the best in people. I am deeply convinced that every person wants to make a contribution and strives to fully unfold their potential. In my work, I support people to discover what has meaning for them and to take consistent and authentic action towards it. Every person knows their own answers. It is my job to help them see these answers clearly – especially in times of challenge, doubt or uncertainty.

In my coaching and workshops, I create a trustful space that invites people to explore, practice and discuss new insights and learnings in different areas of professional development. I provide a balance between well-founded theoretical input as well as practical exercises. People walk away with a sense of confidence, optimism and empowerment.

With my work I strive to contribute to:

- People creating meaningful careers that fit their values and strengths.
- People co-creating supportive and respectful work environments in which everybody feels empowered to contribute and enhance their strengths and feels safe to express themselves authentically so that together they can be successful.
- People leading balanced, meaningful and healthy lives.
- People trusting in their own wisdom and goodness.