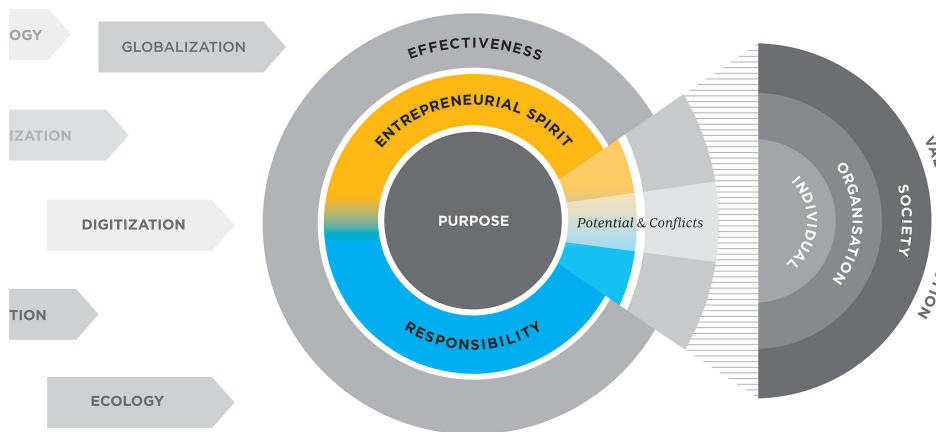


# Leipzig Leadership Coaching



## If we can't manage ourselves, it is unlikely that we will be able to lead others.

This guiding principle of HHL's Leipzig Leadership Model provides a holistic approach for leaders to remain autonomous in their actions, form attitudes and consequently be successful and healthy in today's complex world. Strong leaders – like top athletes – are continuously building on their own strengths. How to keep on top of things? How to prioritize or balance conflicting expectations?

It is questions like these that leaders find themselves confronted with on a daily basis, sometimes even of existential importance. Finding answers starts from within oneself. Above all, coming to terms with oneself requires a protected space and a holding environment for reflection and self discovery. A helping hand from a personal coach can make a difference in demanding situations.

Our coaches are part of HHL's strong professional network. Given their various professional backgrounds and methodological approaches they are a valuable source of inspiration. They all share the idea that

**We all should – at least in the long run – follow our true passion.  
Conflict can be a source of positive change & creative solutions.  
Exchange of experiences & valid concepts is the essence of coaching.**

HHL alumni now have the opportunity to start a coaching in the spirit of the Leipzig Leadership Model. Please note that this offer for coaching is not free of charge. Coaching fees will be agreed upon on an individual basis with your chosen coach.

Leadership is about more than simply wielding power. The Leipzig Leadership Model places the importance of consistently contributing to a greater good at the center of the concept of leadership.

Clarity and sovereignty within the leadership role can only be achieved if leaders accept all the tensions inherent in the role and deal with its contradictions in an authentic way. Focusing on the Why as well as on the What and the How creates a framework in which leaders are encouraged to reflect on their own understanding of what "good leadership" means, using four questions

- **Purpose:**  
Is it serving a greater good? (i.e. Why?)
- **Entrepreneurial Spirit:**  
Is it entrepreneurial? (i.e. How?)
- **Responsibility:**  
Is it responsible? (i.e. How?)
- **Effectiveness:**  
Is it effective? (i.e. What?)

## Contact

To start a coaching,  
please email  
**leadershipcoaching@hhl.de**

We will take care of your request and introduce you to your preferred coach who will tailor your coaching to align it to your needs.

HHL's leadership coaching is supervised by  
Prof. Dr. Timo Meynhardt  
Dr. Arend Oetker Chair of Business Psychology and Leadership

**timo.meynhardt@hhl.de**

# Our Coaches



### **TIMM RICHTER**

Managing Director NEO Culture GmbH, Hamburg

Timm Richter founded his own company, NEO Culture, in 2018 and works as a trainer for Simon, Weber & Friends. Previously, Timm was the CPO at XING SE for more than 5 years and has more than 20 years of management experience at McKinsey, Tchibo, TUI and Amadeus. Timm's coaching is based on system thinking and he mainly covers the topics of leadership and organizational design.

Languages: German, English

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### **VICTORIA DRESSEL**

LifeCoach & Mental Trainer, Leipzig

HHL Alumni Victoria Dressel is a LifeCoach & Mental Trainer. Using a value-based, holistic and mindful approach, she helps people to develop and leverage their personal growth potentials. She has been working with various tools of mental training, body work & self-reflection for 5 years now. Victoria accompanies high performers from sports (e.g. RB Leipzig), academia and business in times of change, initiating sustainable transformation processes. Her mission is to foster and inspire conscious living and to balance excellent performance and a mindful mindset. She is living in Leipzig and cooperating in national & international projects.

Languages: German, English

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### **FATHER DR. DR. JUSTINUS PECH**

Business Coach & Director Monastic Dry Gin, Leipzig

HHL alumnus Justinus Christoph Pech is a certified Business Coach and works together with business executives and managers of public and family owned companies. His coaching touches on various leadership related questions such as finding a purpose and achieving work-life-balance. After several years of working experience he received a Ph. D. at HHL and a few years later in theology in Rome. From 2006 to 2019 he lived in a monastery in Vienna and Bochum. Now he is based in Leipzig (again), responsible for the Monastic Dry Gin and teaching Leadership Ethics at the Aarhus University (Denmark).

Languages: German, English

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### **PROF. DR. FABIAN CHRISTANDL**

Professor of Business and Social Psychology at Hochschule Fresenius University of Applied Sciences, Köln

As a professor of business and social psychology, Fabian Christandl is continuously dealing with young people and guides them in strengthening their strengths. Building upon a general pedagogical optimism, his approach in developing (self-)leadership skills and strengths is predominantly experience-oriented, including different methodologies and techniques for self-reflection and learning. By both including external and own recent research findings from the fields of positive psychology and behavioral decision making, along with a more general background on business and pedagogical psychology, his coaching covers (among others) self-leadership, leading & interacting with others and decision making. Providing as many real-world opportunities for learning as possible he sees himself as enabler of self-discovery and self-learning processes.

Languages: German, English

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### **KARIN SAHR**

Consultant & Coach, Düsseldorf

Karin Sahr mainly covers topics related to personal and professional changes and their impact on well-being and performance as well as stress management and resilience. She has experience with clients of all hierarchy levels up to C-Suite.

Conversation is the center of her coaching. If appropriate and desired, she also uses her many years of experience in Yoga and ZEN to support in special situations.

As a social and cultural scientist, she combines system theory on the one hand, and psychodynamics as a certified psychodynamic coach on the other. She completed her coaching training at the Institute POP of the Academy of Psychoanalysis, connected to the Heinrich-Heine-University Düsseldorf as well as an advanced training in group supervision at the European Academy for Psychoanalysis.

For more than 20 years she has been with Ernst & Young (EY) in various roles, including strategic and change topics.

Languages: German, English

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### **JULIA SCHÄFER**

Curator and Art-Educator  
Museum of Contemporary Art, Leipzig

Julia Schäfer is a curator and art mediator at the Museum of Contemporary Art in Leipzig. Before she was a freelance mediator at the Museum of Contemporary Art in Wolfsburg. In 2000/2001 she was assistant at the New Museum in New York City. Julia curated projects in Ljubljana, Berlin, Cologne, Sharjah, New York. She studied Fine Art, Art Mediation and German Literature in Osnabrück and Dresden. Art and its hidden messages have fascinated her since she was a teenager. Contemporary Art especially is a great tool to discuss shifts of perspectives in any ways. This is the grid and network of coaching she follows. Many successful entrepreneurs found inspiration in artistic paths of thinking – because they are unique!

Languages: German, English

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### **DR. GEORG FISCHER**

Organizational Leadership and Executive Consultant, Düsseldorf

George Fischer-Varvitsiotis, M.D., studied medicine and music and specialized as an ophthalmologist and eye surgeon. He practiced ophthalmology until 2016. While practicing ophthalmology, he completed a psychoanalytic and a group analytic training.

In parallel to his medical practice as an ophthalmologist and psychotherapist, Georg has been counselling entrepreneurs, executives and management teams since 1993.

His expertise is to support people and groups in attaining a better leadership culture for values, innovation, and resilience. George has a special expertise for groups. Due to his background, he has a vast experience with crisis and conflict situations, both in individual and in team counselling.

He is lecturer at HHL, the University of St. Gallen and the RWTH Aachen, and a training coach and supervisor at the POP Institute at the Academy of Psychoanalysis, affiliated to the Heinrich-Heine-University Düsseldorf.

Languages: German, English

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