

Uwe Quast

Qualified social worker and Coach

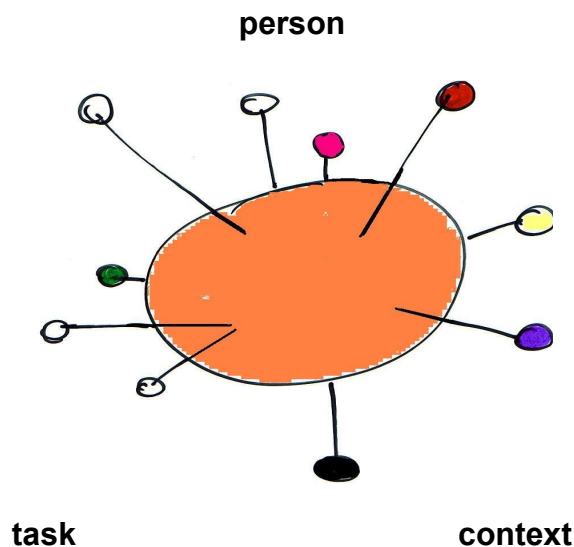
Coaching?

- is a professional, flexible and sustainable form of counseling
- is creative and constructive
- helps dealing with problems
- opens new ways of seeing and thinking
- secures quality
- supports the understanding of own manners of behaviour and experience
- evolves the existing opportunities
- helps to recognize and change borders
- stimulates the thinking and discovery of alternatives
- offers space for response and resonance

I work according to the standards and aims of the Deutsche Gesellschaft für Coaching (DGfC), a German Association for Coaching, and understand my coaching as advice and support in the respective system context.

Prospects and approaches

When covering an issue the person/people ("The leopard cannot change his spots"), the objective context / the task ("What is to be done?") and the respective context of organization, environment and history ("The grass won't grow any more quickly if you pull at it.") contribute altogether.



During the counseling contact emerges - it will be kept, perceived, respected.

Perceiving - understanding – appreciating are the center stage of the cooperation of coachee and coach.

I put my emphasis on response and reflection. Thus spaces for movement and development emerge, spaces to detect aims, to be able to prosper and unravel entanglements in a relationship.

This applies to the personal as well as professional context.

Particular attention will be conceived in a dialogue and will be tested.

Keywords for tendencies of attention are:

- responsibility and competence
- sense and identity
- tolerance and incompatibleness
- concealed and hidden things / aspects
- decision and change...

Fees

Hourly rate is currently 90, 00 € plus 19% German VAT;
daily and seminar fees on request.

Personal Details

Uwe Quast, age group 1953, has completed his education as qualified social worker with a diploma in social work at the Catholic University of Münster in 1975 after which he has taken part in further education concerning (professional) communication, project management and social management. He is coach according to directions of the Deutsche Gesellschaft für Coaching (DGfC). Besides the participation in advanced trainings for leadership and management, he is a practitioner in adult education (with focus on communication and interaction) and has experience as personal advisor as well as in the development and leadership of non-profit organizations.

