

COACHING FOR FEMALE, INTER*, TRANS, NON-BINARY STAFF MEMBERS

Since 2018, the following coaching program (one-on-one coaching) has been offered to staff members (specifically to all women as well as inter*, trans, non-binary and genderqueer staff members of the Academy) to support them in making their daily work life more satisfying and in finding new perspectives regarding current problems.

Topics can be, for example:

- Career planning and design
- Personality development
- Life and meaning crises
- Improving work relationships and conflict management
- Accepting and mastering change
- Dealing with stress & strain; threat of burn-out syndrome
- Time management
- Work-Life-Balance

Coaching supports you in the following

- take a step out of your daily work routine and gain new perspectives
- to (re)discover your own resources, to connect to your own wisdom and to expand your scope of action
- turn your visions into goals and plan your next steps.

Mag a. Daniela Reiter

Daniela Reiter has been working independently as an occupational psychologist in various organizations since 2007, focusing on coaching for women and facilitating team development processes. She contributes her expertise in work-life balance, instruments such as mentoring and success teams, as well as gender & diversity. Until 2007, Daniela Reiter was the gender representative of an interest group. Since 2009, Daniela Reiter has been organizing very successful women's coaching weeks in Finland.

Education

Studied psychology in Vienna and Helsinki, specializing in: Women's and gender studies, as well as industrial, economic and organizational psychology. Education and training in women-specific counseling, creative and body-centered interventions, gender and diversity in modern organizations; ongoing various relaxation techniques and creative methods.

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Methods & Setting

Daniela Reiter's coaching work goes far beyond the application of learned coaching tools and tools acquired in trainings; the key to bringing clients closer to their goal and their personal success is to find the optimal approach to problems together with creativity and empathy, to strengthen one's own resources and to revive the immanent design potential and action competencies of each and every one of us. The focus is on the conversation; in addition, a variety of different, individually tailored methods are offered in the dialogue. The contents of the coaching are treated confidentially.

ONE-ON-ONE COACHING

A total of 14 coaching places are available each year.

- For each employee/position, a coaching cycle consists of 4 individual coaching units to be taken up by the end of the year at the latest, and exclusively together.
- The costs for the coaching of the first 2 units in the series are covered 100% by the Academy, the following 2 units are covered 50%. 50% is to be paid by the clients themselves.
- The consultations are anonymous and confidential.

The coaching sessions take place in the premises of ZweiRaum:

Mariahilferstraße 172/222, 1150 Wien

(a few minutes walk from the Westbahnhof)

Registration for the "Coaching for female, inter*, trans, non-bianry employees of the Academy of Fine Arts Vienna" now directly at

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