



Astrid F. Thomessen

#### A CONNECTOR WITH STAYING POWER – WORKING WITH, THROUGH AND BEYOND WORDS

While politics and communication that are globally geared influence business, they need to be contemplated strategically. Astrid carefully choreographs and frames communication processes to engage, release and integrate what is required respectively. Her talents include empowering people to recognize and use failures and conflicts as tools to move forward confidently. By asking meaningful questions, shining light onto perspectives and possibilities, by connecting with all senses, by eliciting insight, courage and momentum, Astrid helps to deal with development needs. She understands the importance of the right time, inspires and activates people to shift gears from “know how” to “do now” – especially executives with decision fatigue and overwhelm. As a cross-cultural consultant, leadership coach and trainer, she has increasing impact for almost a decade and coaches for results that matter. Her work spans geography, communication, corporate culture and cross-cultural business relationships.

Astrid’s focus is strengthening individual leadership skills to increase self efficacy, improve co-creation and the capacity to lead in conjunction with others in global companies across divisions, departments and continents. Using a tailor-made mix of proven coaching methods and training techniques, Astrid helps her clients to master their specific challenges in a volatile, uncertain, complex and ambiguous world. She goes “global” in English and German. Much of her credibility and success come from her ability to connect long-term. She works closely with clients to identify and strengthen their cultural resources and values.

For more than two decades Astrid has been contributing her leadership experience in corporate communications in organizations in Europe and the US in such varied industries as banking, energy, aviation, consumer electronics, food & beverage plus political and public affairs. She draws on her skills and strengths to help executives to transform leadership-, communication- & feedback styles. She aids in improving organizational diversity, thus enhancing individual and team performance. Lifelong learning, inclusive growth, a global mindset, collaboration with multicultural teams and full commitment to others comprise her core values.

Prior to her career as a Co-Active Coach, consultant and trainer, she held leading positions in communications and CSR-Management, E.ON Ruhrgas, Citibank, BMW Rolls-Royce, Sony Europe and the US General Consulate.

- Associate Executive Coach, Consultant and Trainer with TRIAZ International
- Systemic Change & Culture Consultant & Coach with Imap
- Participation in the New Coach program with the Center for Creative Leadership

#### **Coach certificates / accreditation by international organizations:**

- Co-Active – Certified Coach by CTI London, and ICF (International Coaching Federation)
- World Work Licensee in IPI (International Preference Indicator) ITTI (International Trust in Teams Indicator), London
- TCO International Diversity Management, Cambridge, UK

M.A. in Political Science, Public International Law, American Studies at Ludwig-Maximilians-University, Munich.