



# Coaching Hour

**The COVID-19 pandemic confronts us all with special and new challenges. Working in home office as well as the currently necessary social distancing bring new demands upon us and our way of working and conducting research. In this challenging time we would like to support you with a coaching offer.**

With the **coaching hour** we offer you the opportunity to engage in a confidential dialogue on your concerns, reflect on your current situation and receive professional and structured support in finding solutions to your professional issues. The coaching can range from a single session to a longer process, if so required by the topic or desired by the coachee.

Possible topics and issues can be:

- dealing with various burdens and stress
- reflecting your own motivation and action strategies
- developing your own inner attitude
- resolving conflicts
- making congruent decisions
- planning your career and professional development
- developing your competencies and building a clear, distinctive profile
- developing your time, goal and self management

We offer this format by telephone or online after prior appointment. If you are interested, please contact Valentina Vasilov: [valentina.vasilov@uni-due.de](mailto:valentina.vasilov@uni-due.de),  
**Phone 0201 183 3176.**

*Valentina Vasilov is certified personcentered-integrative coach, DACB, research integrity trainer as well as facilitator in areas of career development and communication. She has many years of professional experience in doctoral education as well as working experience in diversity management in the academic field.*