



## Coach Profile

### Claudia Grings



**Nationality:** German

**Residence:** Landsberg, Germany

**Languages:** German, English

**Areas of expertise:**

Crisis intervention  
Coaching through duality stage  
Transition  
Intercultural coaching

## Corporate and Management Experience

Having followed and supported the growth of 1-Focus for years, Claudia is proud to contribute her expertise as a coach consistent with the wealth of business acumen that 1-Focus' success is based on.

With her background in international business and her 20+ years' experience in adult education she has worked with people at all levels of business and within a wide variety of industries, as well as with professionals and private clients. While as a coach she focuses on personal development and transformational learning, she also brings an ability to formulate pragmatic solutions for business challenges. She is an intuitive listener, quick thinker and decision maker and a dedicated people-person. "Instant relief" is a term that clients associate with her work.

## Professional Qualifications

Business Diploma with DEGUSSA  
Commercial English Diploma  
Extensive intercultural studies

## Coaching Education and Certification

Corporate Coach U graduate

## Coaching Approach

Building on her personality and skills, Claudia developed a model for crisis intervention, coaching through the duality stage in M & A and transitions. This model offers safety and support in concluding one phase/system, embracing change and focusing on the new phase/system. The fast-paced coaching moves the client

forward, assists in clarifying and prioritizing, supports decision-making, and fosters time management skills. Raising clients' awareness of their own resources and capacities, Claudia helps move mountains.

## **Training**

Claudia lived in West Germany until 1994 when she and her family moved to East Germany. She feels fortunate that she had a chance to integrate this experience into her life and considers the whole of Germany her country. She has been shaped by different cultures, lived in the U.S. and now shares her time between Germany and India.

She considers that having friends all over the world is one of her greatest assets and each new culture as a milestone for personal growth. She has studied English and Japanese language and culture, as well as French and Spanish, has some experience with Thai and is now tackling Tamil.

With a team of colleagues, she designed a model for another area of her expertise, Intercultural coaching.

## **Other Activities**

Claudia worked as a sales person, city guide and language teacher before she founded INCO International Communication in 1989, focusing on training in business English, negotiation and intercultural skills. Throughout her career, Claudia has been fascinated by human potential and uniqueness, a fascination that eventually led to her coach training with Corporate Coach U in the U.S. After graduating in 2002 she renamed her business INCO International Communication/International Coaching and has shifted her focus to supporting clients in developing their personal and professional potential and in creating an authentic, happy life based on their values and dreams.

She is a member of the International Coach Federation.