



**Petra Andres**

# andres

## get up & go supervision is an invitation to own who you are and choose how you coach

As coaches, our most important intervention is who we are in our relationships with our clients. By being authentic in our role and committed to our task, whilst remaining open to our questions and doubts, we model leadership behaviors and open the space for our clients' development.

As you achieve breakthroughs and meet challenges, Petra offers you a safe space for courageous reflection and the opportunity to be really honest with yourself. She will be your thinking partner so you can make sense of your experiences and harvest the learnings they yield.

### Style

With over 30 years of experience and extensive training in organizational systems, coaching, and supervision, Petra intuitively understands the big picture and follows through with structure and sharp analytical skills. She is keenly present and attentive in her work, taking into account the unique dynamics of the individuals, systems, and specific situations relevant to the challenges you face. This enables her supervisees to see new connections and perspectives. Petra creates and holds a caring, non-judgmental space for deeper exploration across levels and themes without losing focus of the professional purpose of the supervision.

Petra regularly reflects on her own work through professional supervision. Since the beginning of the pandemic, she has continued her education with a focus on mindfulness and body intelligence.

Petra is based in Germany and the US, she supervises in English and German, virtually and face-to-face.

### Education and Associations

- Consulting, coaching, and supervising organizations, teams, and individuals since 1993
- Diploma in Business Administration from the WHU Koblenz (Germany), studied at Pennsylvania State University (USA) and HEC Montréal (Canada)
- PCC – Certified Professional Coach, ICF, trained with Hephaistos (Germany)
- ESIA – Global Supervision Individual Accreditation, EMCC, trained with Damian Goldvarg (USA)
- Systemic Organizational Consultant trained with Klaus Eidenschink (Germany)
- Certified Virtual Facilitator, trained with Nomadic IBP (The Netherlands)
- Training in systemic work with individuals and organizations (Gunther Schmidt, Fritz Simon), Gestalt (Werner Bock, Frank Staemmler), Transactional Analysis, and family therapy (Gunther Schmidt, Bernhard Trenkle)



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