



Petra Andres

and
res

get up & go coaching is an invitation to own who you are and choose how you act

Petra supports leaders in maintaining clarity and growing through new or unexpected challenges in crisis, strategy, and culture transformation:

- Focused Onboarding: truly connect in your new role
- Candid Reflection: gain clarity in complex situations
- Team Coaching: increase your traction
- Off-Boarding: clean start in a new phase

Style

Leveraging over 30 years of international experience, a strong business background, and extensive training in organizational systems, coaching, and supervision, Petra will intervene at the right level and focus attention where it needs to be.

Her clients find Petra keenly present and attentive in her work, intuitively understanding the big picture and then zooming in with structure and analytical skills. This enables them to see connections and new perspectives even in the most complex situations. Petra creates a safe and non-judgmental space, facilitating deeper reflection without ever losing focus of the professional purpose of the collaboration. These qualities have made Petra a preferred partner for focused, high-performance personalities, teams, and organizations.

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 works in English and German, virtually and face-to-face.

Clients

ABB, Deutsche Telekom, Boehringer Ingelheim, FALKE, Fidelity International, Hassia, Heraeus, Infineon, EON, Mettler Toledo, Munich Re, Nestlé, Philip Morris International, Purina, Roche Diagnostics, Siemens

Education and Associations

- Consulting, coaching, and supervising organizations, teams, and individuals since 1993
- Master of 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)
- CAPP – Certificate in Applied Positive Psychology, trained with The Flourishing Center (USA)
- Certified Virtual Facilitator, trained with Nomadic IBP (The Netherlands)
- Training in *Coaching & Reflection with Art* with Symbolon Academy (Liechtenstein)
- 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), Radical Listening (Robert Biswas-Diener)
- Currently pursuing further Positive Psychology training with Positive Intelligence/ Shirzad Chamine as well as *Robert Biswas-Diener and Christian van Nieuwerburgh*

