Clarify career decisions.

Coaching with Christl Lang

For professionals facing an important decision or a difficult conversation who are stuck despite careful consideration. Online across Europe or in person in Lucerne, in English or German.

WHAT IT IS ABOUT

Typical coaching topics

- Resigning or changing jobs
- Resolving conflicts and setting boundaries
- Preparing difficult conversations
- New leadership role or promotion
- Career reorientation
- Presentations and facilitation

HOW IT WORKS

Three steps to your next step

1. **Complimentary initial consultation:** 20 minutes, online, confidential and without obligation. You describe your situation and we clarify whether coaching is the right fit.
2. **Choose the right format:** single session, Focus Package or Support Package, depending on your situation.
3. **Coaching:** you look at your situation, sharpen your position and develop a viable next step.

FORMATS AND FEES

FORMAT	SCOPE	CHF / EUR
Single session	1 × 90 minutes	**275**
Focus Package	3 × 90 minutes	**790**
Support Package	6 × 90 minutes	**1,490**

CHF for Switzerland and Liechtenstein, EUR for the EU. Additional single sessions: 250 each. No automatic renewal. A paid single session is credited towards a package. Upgrade from Focus to Support Package: 700 for the remaining three sessions.

Should your employer cover the cost? You will find the fillable request form on page 2.

EXPERIENCE THAT KNOWS EVERYDAY WORK

Christl Lang combines more than 30 years of professional, leadership and life experience with her work as a business trainer and systemic coach. She knows career decisions from her own practice: as an employee, manager, managing director, sole proprietor and institute owner.

View the coaching page

More from On Course

WHAT WOULD YOU LIKE TO CLARIFY OR DECIDE?

Your next step: a complimentary initial consultation

Book your consultation with Christl Lang

Coaching does not replace medical, psychotherapeutic or legal advice.

Career Decision Coaching

Request for approval and cost coverage

Fill in the white fields on screen, save the file and submit it to your manager or HR.

More information about the coaching: **www.on-course.de/en/clarify-career-decisions →**

With Adobe Acrobat Reader (recommended, free): sessions, time and fees are filled in automatically. Download: **get.adobe.com/reader**. Right-click the file, choose “Open with” and “Adobe Acrobat Reader”. If asked about JavaScript, click “Allow”.
Without Adobe: other PDF programs, such as Preview on Mac, also let you fill in and save all fields. Please then enter sessions, time and fees manually according to the offer. Or print the form and fill it in by hand.

1. PERSONAL DETAILS

Name:

Position / role:

Department / unit:

Line manager:

2. PROFESSIONAL CONCERN

Which professional situation, decision or challenge should the coaching address?

3. DEVELOPMENT GOAL

What should have changed after the coaching? How will this be visible?

4. EXPECTED BENEFIT FOR THE ORGANISATION

For example: effectiveness in the role, teamwork, quality of decisions, retention.

5. SCOPE, TIME AND FEES ACCORDING TO THE PERSONAL OFFER

☐ Single session ☐ Focus Package ☐ Support Package

In Adobe Acrobat Reader, sessions, time and fees are filled in automatically when you tick a package; otherwise please enter them manually.

Number of sessions / duration:

Planned period:

Total time (hours):

Of which during working hours:

Currency: ☐ CHF ☐ EUR

Total fee:

Offer date / no.:

Confidentiality: The content of the coaching is confidential and will not be shared with the organisation. On request, the organisation receives confirmation of the sessions held.

6. APPROVAL BY THE ORGANISATION

☐ Approved ☐ Approved with changes ☐ Not approved

Cost centre:

Billing address:

Place, date

Signature of applicant

Signature of manager or HR