

## Introducing Anabel Schröder

Fresh from her fortnightly power breakfast with her two practice colleagues, Anabel Schröder radiates energy and optimism. In ten years' time, if her dream comes true, the Institut für psychologische Beratung und Coaching, set up with a fellow counsellor in 2003, will be housed



in a large Hamburg villa, shared with a group of professionals with similar ideas.

One thing seems certain, Hamburg is where she wants to be. After an international childhood in Israel and Spain, Anabel

studied microeconomics at Passau University, which led her to Otto Versand in Hamburg and then Time-Life in Munich. Subsequently she trained as a psychological counsellor, launching herself onto quite a crowded market at a difficult time. In order to make her mark in that market she has developed compact or short-term coaching solutions – one speciality is a two to four hour ultra-short seminar on stress to appeal to a generation in a hurry. A compact anti-stress seminar, for example, might then lead on to a more in-depth psychological approach, coupled with coaching to overcome obstacles at work or prepare for new responsibilities.

Her objective is to offer clients a holistic approach with a mix of counselling and coaching as the situation demands, but always aimed at a solution to the problem. Clients are managers and employees, as well as many freelancers. She prefers to conduct individual sessions and loves meeting all kinds of people in the course of her work. Typical problems are burn-out and stress, but although work-related problems may be the reason for starting counselling, personal problems in private life often lurk behind them.

To keep her own life in balance, Anabel plays squash and basketball. She also works voluntarily for the Red Cross crisis intervention service, counselling people after traumatic experiences.