



Christine Poppenhusen

EXECUTIVE COACH

OVERVIEW

Christine Poppenhusen is a coach, mediator and executive trainer working across various industries. In individual coaching or training sessions, she helps her clients to be both effective and authentic in their role and to grow personally. She also provides support in dealing constructively with conflicts, whether in traditional mediation or coaching. A large number of her clients are female. Christine lives in Hamburg and works both in German and English.

APPROACH

Christine draws on a wide range of methodological approaches in her work. She is able to combine business understanding with personal insight and critical thinking. The foundation of her work is the creation of a trusting relationship that is both supportive and challenging, which enables her to help her clients broaden their perspectives and realize their ambitions.

CAREER HISTORY

Christine started her career as a strategy consultant at The Boston Consulting Group in Düsseldorf and Hamburg in 1996, where she stayed for more than 15 years before venturing into self-employment as a mediator, coach and trainer in 2012. In this role, Christine works with managers, teams and conflict parties in various constellations throughout Europe.

Christine is an accredited coach with the DBVC (Hephaistos Institute) and a trained mediator (Brückenschlag). She has 7 years of experience in Transactional Analysis through a Masterclass, is a certified Somatic Experiencing (SE) therapist and certified for DiSC, MBTI Step I and II as well as Firo B.

PERSONAL

Christine studied Economics and Southeast Asian Studies in Passau and Lund (Sweden). She lives in Hamburg, is married and has 3 grown-up children. She plays the cello and enjoys sports (field hockey, yoga and tennis), cooking and eating. She volunteers as a board member of a retirement home and enjoys spending time in Italy.