

Karin Brendel



"I love to create and strengthen new connections – in coaching I offer fresh impulses to connect to new ideas and solutions. My clients enjoy an improved contact with themselves, with their thoughts, feelings, and values. They gain substantial clarity about their relationships with the broad variety of their colleagues, friends, clients, and family which helps them navigate and communicate authentically and effectively. With a broad spectrum of experience from analytical and creative areas, I build bridges and support my clients in discovering and exploring new territory."

New beginning

- Self-employed as a coach (Associate Coach [DBVC](#) and [IOBC](#)) since Sept. 2020 and founder of empathize in Jan. 2021
- Training in systemic coaching and change management 2018-19 at [Wandelplan](#) (certified by [DBVC](#))
- Training in art therapy 2020-21 at [IEK](#)
- Coaching expert at [partnerteams](#) and part of the training team of Coaching Training CA26 of [Wandelplan](#) (May 2022 – April 2023)

Previous work experience and training

- 20 years in various business and management positions with international reinsurance companies (Zurich Re, conerium and Gen Re)
- Thereof 8 years as head of product management and advanced analytics/AI in Gen Re Life/Health Research & Development
- Diploma in mathematics with a minor in business economics

Coaching profile

- Systemic coaching with focus on coachees' existing strengths, connecting with creative impulses for people, teams and companies daring to change
- particularly geared to clear and lively communication strategies and value-driven approaches for STEM (science, technology, engineering and mathematics) sectors and professionals among others

My strengths

- I combine analytical understanding with creative impulses and emotional expression.
- I listen carefully and easily abstract and structure essential patterns in coachees' behaviours, questions and goals.
- I have broad intercultural experience and coach both in German and English.

Project highlights

- Coaching leaders and managers with technical background on convincing communication styles based on clarity, emotional appeal and storytelling
- Successful support of individuals with both coaching and art therapy tools in various challenging life situations
- Change management as a leader at Gen Re as part of the global digitalisation initiative and in building the advanced analytics/AI team
- Restructuring and realignment of own team (15+ members) in terms of stronger internal networking and cross-functional and cross-disciplinary projects