



GO BIG COACHING OUR SERVICES

Our corporate offering

Executive coaching

For 1-on-1 sessions, we focus on working with senior female professionals in automotive, tech and other male-dominated industries. Clients are supported through the process of unlearning what holds them back and gaining the confidence they may currently lack in their work environment. In addition, the coach provides strategic input where necessary, serving also as a trusted advisor and sounding board.

Coaching office hours

This insight-focused coaching approach is a proven and cost-effective way to provide targeted support to more junior professionals, especially those who require some extra support, such as first-time managers or new team members working remotely. Our monthly half-hour per person sessions will set up your workforce in the best way for them to succeed, with your company reaping the benefits as well.

Coaching group program (6-week series or 3-day intensive)

This program will take participants on a journey from uncovering what holds them back in their career all the way to defining their own approach to consistent confidence and non-icky self-advocacy. It includes workshops, Q&A segments, discussion questions (if preferred, on chat platform/intranet) as well as 1-on-1 coaching sessions as optional add-on. Program elements can be customized to fit your needs.

Our talk and workshop topics

Lead with confidence in male-dominated environments

Many female professionals feel consistently underestimated and passed over – after all, corporate continues to be a world primarily designed for (white) men. This session will bust misconceptions about confidence and present an immediately applicable 5-step framework on how to step up your confidence and authentic presence.

Lead with confidence in high-innovation environments

We are constantly exposed to an accelerating pace of innovation which makes it hard to keep up. The result: A majority of the workforce is struggling with self-doubts. This session will teach what distinguishes leadership in innovation from traditional leadership, and how to show up with confidence among the uncertainties of highly innovation-driven environments.

Lead with confidence when nobody looks and sounds like you

Being (or feeling like) the “odd one out” at work poses particular challenges, especially when the differentiator is easy to see or hear, and feeling unsafe and self-conscious is a common response. This session will prepare participants for situations of particular anxiety, as well as help you reframe what you bring to the table and build confidence for new roles and challenges.

Speak up, stand out. How to be memorable and self-advocate with confidence

Situations in which people don't remember you are awkward and can make you feel unworthy. Plus, not attracting attention may quickly turn into a career trap. The truth is, you don't have to be loud, shrill or overshare in order to leave a strong, lasting impression. In this session, you will find your own approach to make sure people don't forget who you are and open doors on your way up.

Unlearn what holds you back

This series includes the following topics: Unlearn Being Your Worst Critic | Unlearn Perfectionism | Unlearn Imposter Syndrome | Unlearn People-Pleasing | Decision Fatigue | Lack of Boundaries | Self-Sabotage

For more information on our coaching workshop services or to book Micha Goebig as a speaker, please see www.michagoebig.com or contact Birgit Saalfeld: team@michagoebig.com

For more information and inquiries on our communications and language services, please contact Madeleine Oldham: office@gobigcommunications.com