

How to Contact Us

You can reach us in the following ways:

- **Open office hours** at WHU as first contact and to fix an appointment
- **Appointments** (flexible dates) on the premises of Caritasverband
- Via **phone** or **email**

For contact details see next page.

Our advisory services are free of charge as they are sponsored by WHU. WHU establishes our service in responsibility for their student's holistic personality development and as a quality characteristic of their excellence status in the field of higher education institutions.

Your Contact Person



Thorsten Lemke

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- Certified Pedagogue (Diplom)
- Anger management and coolness training (AAT/CT® Trainer)



How to Find Us

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Sponsored by:



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ENGAGIERT FÜR MENSCHEN

**Caritasverband
Koblenz e.V.**



**Psycho-Social
Advisory Services
and Coaching for
Students of**





Background

Challenges during your studies, stress during exam periods or personal problems: Starting to study and identifying your personal as well as academic goals is not only a success story.

This demanding phase in life also allows personal development.

Sometimes, the personal balance is disturbed and life quality and performance are impaired.

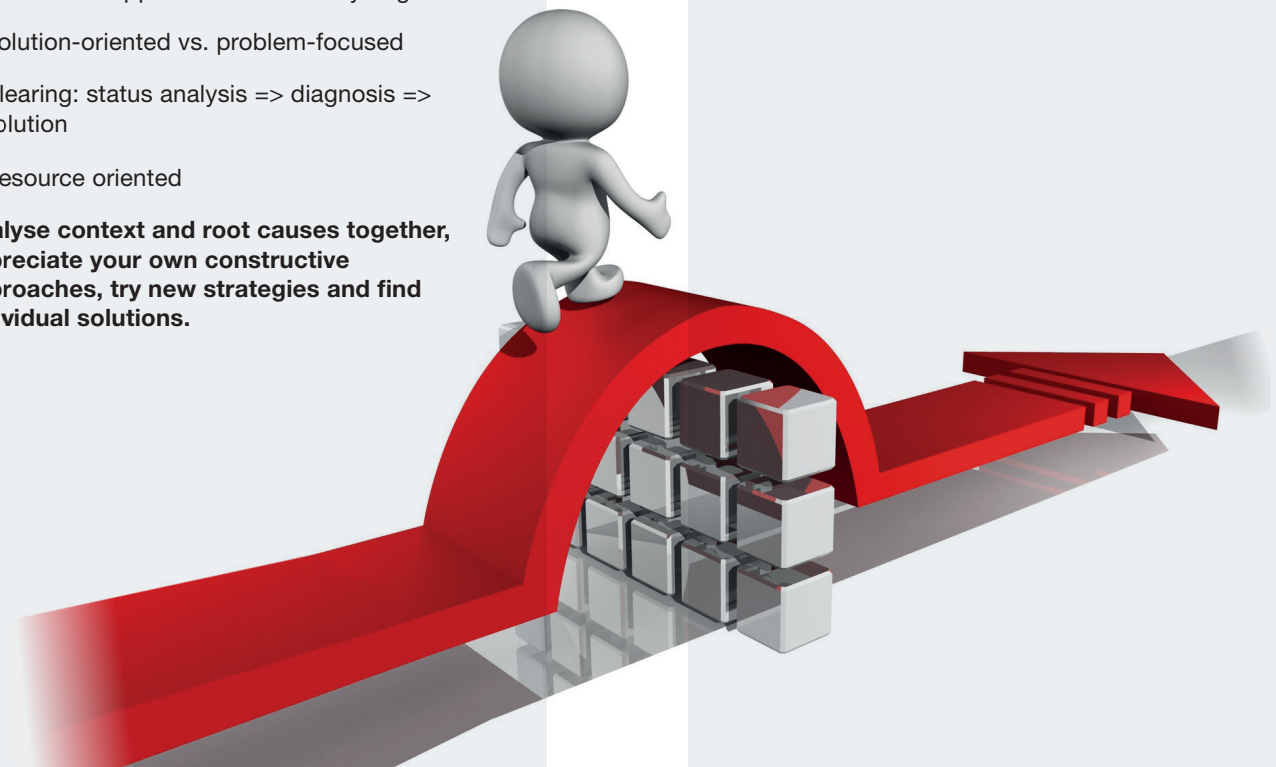
To individually cope with these challenges in a sustainable way and to meet your wishes, ambitions, expectations and goals, we offer you personal advisory services and coaching.



Our Advisory and Coaching Approach

- Conversations in a confidential environment
- Advisory services on a voluntary basis
- 'Crises are Opportunities' and let you grow
- Solution-oriented vs. problem-focused
- Clearing: status analysis => diagnosis => solution
- Resource oriented

Analyse context and root causes together, appreciate your own constructive approaches, try new strategies and find individual solutions.



Our Portfolio

Individual advisory services when confronted with challenges:

- In your daily life
- With regard to anxiety concerning the future
- In times of stress, excessive demands, depressive moods
- Related to conflicts with family, friends, partner

Lecture series in Life Management during your studies:

- Time and study management
- Exam preparation
- Stress management