

COACHING PROFILE

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How I understand coaching

For me, coaching is a structured process, limited in time, that supports people in mastering professional challenges, gaining new perspectives, and making full use of their own resources. The solution always lies within the client; my task is to create a safe and encouraging space in which these solutions become visible and the paths toward them clear and tangible.

I work in a person-centered, resource- and potential-oriented, as well as solution- and future-oriented way. I combine a calm, analytical, and empathetic presence with clear structure and a broad methodological toolkit. The foundation of my work is trust in my clients' own capacity to effect change.

My Approach and Attitude

- Clear goal-setting at the beginning of each process and each session.
- Systemic thinking: every issue is considered in the context of roles, relationships, and structures.
- Active listening, often with special attention to language and metaphors.
- A focus on feasibility through regular review of solutions.

What Clients Value in Me

- The calm and structure that provide safety and orientation.
- The ability to quickly recognize patterns, key points, and potential.
- The balance between pure coaching and the selective use of subject-matter expertise, especially in academic and economic contexts.
- A protected, respectful space in which new perspectives and courses of action can emerge.

My Background

My first career was in academia, where I worked as an economist and gender studies scholar. This experience shaped my analytical perspective and gave me deep insight into the dynamics and challenges of professional and academic careers. Today, many of my clients come from academic environments or from fields where analytical thinking, complex decision-making, and strategic communication are essential.

I completed my coaching training at Konas Consulting, accredited by the Austrian Coaching Council (ACC), Austria's leading professional association for coaching.

Formats & Framework

- Individual or team coaching
 - Online or in person.
 - Static, or as a walk-and-coach setting
 - Time-limited processes with clearly defined goals.
 - Strict confidentiality.
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