



With Ease

ABOUT ME



Often I'm asked: how did you get to coaching?

After 15 years in creative-agencies compassion and intuition became important qualities for me. So, I started coaching with a lady mentor. Ten meetings later I put aside all options we had discussed, and it got clear to me: I want to do what she does! Between this decision and today I made 6 quality trainings and 15 years of practiced coaching, I love the intensity and range of my job.

About me

As a journalist with a fresh diploma I moves right into the world of wording and branding. 15 years later my personal interest for the development of personality made me change to another profession. Formations and trainings in TA, innovation-coaching, Life-Coaching and Supervision often touched the question: how is Leadership nowadays? Today I excite people with emotional intelligence (Daniel Goleman) and more "self-compassion" (Kristin Neff, Chris Germer) and for an authentic self-conduction.

My Counsel Themes

Development of personality, self-conduction, authentic Leadership

Emotional Intelligence, i.e. sense of self, empathy, management of relations, influence, inspiration.

Dealing with stress, (suspected) failure, tricky situations.

My leadership idea

Authentic leadership can do both: realize a good ambience inside and produce good turnover and profit outside. For this you need empathic leader-personalities, who can empathize into others but also keep numbers in mind. For Companies it's about time to create spaces for self-determined employees. I do think that HR as an empathic influencer and business leaders of the company are called to push this transformation and to escort it together.

My Quality Assurance

Certified Supervisor by DGSv

Certified Coach by DGTA

Certified Innovation-Coach (University of Augsburg-Germany)

Certified Life-Coach (Bock-Academy, Berlin)

Author for Süddeutsche Zeitung, Page, Gründerszene etc.

Testimonials



Esther Schaarhüls

Creative Director, Heimat, JvM, BBDO, Scholz & Friends.

Marketing, PR and Design

"integral coaching with heart and method.

Mrs. Bucher knows to ask the key questions. Questions that link you again with your inner voice and intuition. With her warm and wise but also certain personality I always felt in good hands. I thank Rike for her time and her passionate work "

Coaching-period: February 2017 - April 2017 main theme: career/
Skills Coaching.



Heike Hess

Director office fashion and Textiles

„ It was really exciting, motivating and has shown me many possibilities for the future.”

I was amazed about how much an intuitive coaching can do to me. Rike Bucher has found out fast my strong and week points and showed them to me in a compassionate way.

To find the big goal, to have confidence in my own talents and to affront difficult situations in a self-confident way were just some of the benefits. She enabled me to point out my position much clearer and always keep in mind the main goals. What is particularly precious is that I regained a great satisfaction in my job and increased my effectiveness.

Coaching Period: September 2016 - August 2017 – main theme:
Leadership-Coaching.



Eliza Hirvensalo

CEO and Co-Founder WeSource

"Rike is a true people and leadership genius."

She prepares individual, thoughtful coaching session to focus on your strengths and find your personal leadership style using Emotional Intelligence. If you are looking to professionalize your leadership skills, to lead with ease, there is no better person to talk to than Rike.

Coaching-Period: November 2017 - December 2017 - main theme:
Leadership-and Personality - Coaching.