

# 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 ladymentor. 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.*

*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**

*New Leadership, personal development, the quality of being authentic, self-esteem, emotional intelligence, i.e. self-awareness, empathy, management of relations, influence, inspiration, dealing with stress, (suspected) failure, unsolved issues, Workation and 'Gentle-eye-method'*

### **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



Lina Pfeifer | Organic Production Specialist | GOTS Global Organic Textile Standard gGmbH

'I highly benefited from concepts surrounding leadership/new work/emotional intelligence'

During the past months I have been coached by Rike for a business coaching on emotional intelligence. This coaching has been supported by my employer GOTS and couldn't have been more on time. Rike accompanied me during a transformational process in the organization, where together with her help we developed a newly established position at GOTS - combining the needs of the organization as well as identifying and looking into my personal values and needs to make a fit. The coaching helped me to deepen my knowledge on personal growth, leadership and efficient communication in a cross-cultural environment.

(...) Rike is well read in different concepts surrounding leadership/new work/emotional intelligence and can provide hands on solutions tailored for your unique situation.

July 2018 - February 2019  
Sustainable Leadership Coaching



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 "

February 2017 - April 2017  
Career/ Skills 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  
Leadership-and Personality - Coaching.