



## QUALIFICATION

### Certified coach

Praxis für Entwicklung, München

### Certified GTD coach and trainer

David Allen Company

### Diploma and doctorate in physics

LMU and TU Munich

## EXPERIENCE

Coaching and training for various large and medium-sized enterprises and private persons

21 years international leadership roles in the high-tech industry

Business areas: sales, strategic consulting, global trade, supply chain management

## SERVICES OFFERED\*

- ▶ Personal coaching in change situations
- ▶ Leadership coaching
- ▶ GTD (Getting Things Done) workflow seminars
- ▶ GTD workflow coaching

## FOCUS AREAS

- ▶ Career development and professional reorientation
- ▶ Personal development
- ▶ Self-management
- ▶ Stress reduction
- ▶ Burnout prevention

DR. PEER WIETHOFF  
BECKER-GUNDAHL-STRASSE 2B  
81479 MÜNCHEN

## METHODS

Personal coaching works through acceptance and investigation of the current situation, opening an inner space for the client. This space allows for recognition of the client's inner motivation (direction) and for evolution along the client's own path (change). During this process the client gains access to their own knowledge, inspiration, and power. As a coach, I create beneficial conditions for this development.

GTD (Getting Things Done) is a workflow method formulated by David Allen that can be applied in any role or situation. GTD has been proven to reduce stress, facilitate switching off after work, and lead to higher presence in the moment. GTD is taught in seminars and through individual coaching.

+49 89 92 631625  
HELLO@PEERWIETHOFF.COM  
PEERWIETHOFF.COM

\*all services in English or German