

}essentials{

Angelika Kutz

Systemic Attitude in Consulting and Coaching

How Solution- and
Resource-Orientated Work Succeeds



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What You Can Find In This *essential*

- How much meaning and truth lies in the sentence:
"You can change the world when you change your mind."
- A quick overview of the advantages and rapid effectiveness of working according to the Systemic Approach, and especially due to the Systemic Attitude, particularly with regards to a quick achievement of solutions in various contexts.
- That the Systemic Approach is an inner attitude towards people, all living beings, things, developments and changes (change), i. e. an attitude towards life, based on respect, appreciation and mindfulness.
- The client¹/the client system is the actual and only expert for his/her situation and above all his/her individual solution finding.
- The consultant/coach ideally has the role of a "midwife" and stepping stone for the client's/the client systems's self- and personality development; necessary precondition for that is a real volition to change on the part of the client (-system).
- Why working according to the Systemic Approach in counseling and coaching and many other areas of life
 - is so effective and thus: cross-sectoral!
 - enables solution- and resource-focused short-term interventions,
 - promotes (rapid) self-esteem -stabilisation and self-consciousness-creation,
 - contributes to (personality) development in clients as well as in consultants/coaches.

¹For the sake of better readability, the herein used masculine grammatical form comprises all others as well.