

My Offers

Coaching -

Reflect with head and heart - and also practice implementing your insights



Your coaching can be a goal- and action-oriented short-term process of only a few sessions. However, I also work with a number of clients on a longer-term basis, with appointments in individual intervals, e.g. every 4 weeks or even every 3-6 months. As a professional sparring partner, I am available to reflect on professional and sometimes private issues.

Transfer to daily life

For years, I often also consciously use intensive training units in my coaching sessions, as needed including video feedback. So that you not only make decisions for further development with your head and heart, but you also practice the change. This way, you actively implement the new in your everyday life. Coaching sessions can be in our consulting office, on-site with you in the organization or off-site in an external room, which I can possibly also arrange. After consultation also online.

Testimonials

"Ms. Lensch approached the coaching topic with a lot of understanding and empathy. Together we analysed the current situation and worked out solutions suitable for everyday life. Due to the very pleasant mixture of high professionalism and looseness it was not difficult to open up in reflection and training and to get to the bottom of the causes. The hours with Ms. Lensch were intensive and very valuable."

"I had the great pleasure to work with Helga Lensch in a 2 year coaching period. I very much enjoyed being challenged by her very clear and precise analysis which was always to the point. The many practical exercises were very well prepared, 100% custom fit and accompanied by professional media equipment. Helga Lensch is able to step into different roles herself. By doing this she created most realistic situations as eye openers and transformed them directly in training sessions. I benefited a great deal from her hands on advice on techniques easy to implement in my daily work. I can really recommend her coaching. It helped me a great deal to improve my communication skills."

My Offers

Training -

Handmade & tailored to your needs



Train your communication, media appearance and public speaking skills – with a personal training. Or strengthen your team’s skills – in a workshop led by an experienced trainer.

Training offers include

- Public appearance training (speeches, presentations, panel discussion, Q&A sessions...)
- With camera & microphone: media training (tips, tools and interviews on your topics...)
- Facilitation training (of events and group processes...)
- Training for group & team development (leading groups with participative methods)
- Training for organizational development (setting up change processes, designing them & leading them to success)

Tailored to your specific needs – and with your own professional topics. With a trainer & journalist who provides you with methods, tips and tricks for your “toolbox”, strengthens your development skills and navigates you through a hands-on training. As personal training or team training. In our consulting room, in-house at your organization or off-site in an external room, which we may also be able to arrange. After consultation also online.

Testimonials

“In Helga Lensch we found a perfect fit! Not only does she have a deep understanding of guiding top-level executives through difficult interview and other media situations, both in English and German, for all formats including live television or radio. Together with her partner, Mrs. Lensch also set up a full-blown crises scenario to practice with VDMA-managers how to successfully handle such a situation. In all her courses, Mrs. Lensch impressed us with her deep understanding of media trainings and individual attention. What also makes her such an outstanding coach is her own preparation for the job: by the time the trainings started, Mrs. Lensch was on an eye level with all participants in all the topics of the widespread field of the mechanical engineering industry.”

My Offers

Design & Facilitation -

Activating, participatory workshops & events series



For over 30 years, I have been accompanying people and organizations in change processes. In doing so, I also often design & moderate individual events and series of events on behalf of my clients, in presence and online.

Some examples: Strategy workshops of the management, seminars of individual organizational areas for team development, large group events or topic-related retreats. In consultation with my clients, I create an activating process with participative methodology.

Testimonials

"It was striking that Ms. Lensch - unlike many other facilitators - did not limit herself to a purely facilitating role in the process but - in consultation with me - provided valuable input on organizational principles and change processes. She thus also took on a role in shaping the content. This was extremely important for the process."

"Helga Lensch has asked me to rate her abilities as a professional facilitator of group and team processes - and I more than gladly recommend her! I had the honour of enjoying her strong experience and intuitive gut feeling to enable, structure and steer group and team processes. Helga is highly skilled to specify the objectives and the necessary process with her client and then to design creative and goal-oriented agenda and workshop methodologies. She masters in observing the group's behaviour and intervenes if necessary to ensure productivity."

With her strong ability of strategic questioning, she enables the participants to find their way through a successful and goal-oriented process. Helga's facilitator toolkit is well equipped, and she uses a variety of systematic and creative working methods. Helga gets a good access to the group and also has a strong empathy for people. I recognized her as a person who follows her desire to create an energizing working environment. So overall, if you have the chance to book her, don't hesitate."

My Offers

Organisational Development – Unleash the magic in your organization



What organizational development does not mean for me: pushing through decisions from the very top of the organisation. Instead, I strongly believe (and have the experience!) in developing and implementing transformation with the management team on the one hand and a representative group of employees (principle: Max-Mix) on the other hand. It´s just more successful and sustainable! Top-down AND bottom-up, in an interlocked and time-limited process.

Learn More

Together with your leadership team, we first develop the goals of the project and the individual steps. The members of the management team become sponsors & champions of the change. And then get your organization moving!

As an organizational developer, I advise and support all of you in the process. As a facilitator, I navigate all participants through the various events. In doing so, I use creative methods for participation and self-direction of learning organizations. So away from "just passively listening and being told", towards active "I'm in!".

For these change processes I am commissioned, for example:

- develop and implement a new organizational strategy
- launch innovative products
- improve processes & workflows
- increase flexibility and creativity in the company
- sustainably improve the corporate culture
- develop digitization strategies
- strengthen communication, participation and self-control in the company