

CAROLINE HEDLER / PSYKOLOGICAL COACH

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WORK EXPERIENCE

PSYKOLOGICAL COACH

Own business

2016 - ongoing

Run my own business as a psychological coach.

- Successfully coached clients in self-knowledge/awareness and self-esteem
- Evidence based and goal-oriented coaching with a focus on increased well-being
- Design of coaching processes, sessions, action plan and interventions/exercises in relation to elaborated goal

PROJECT MANAGER

Black Dot

www.bdimpact.com

Nov 2015 - 2016

Black Dot is a non-profit organization that strives to lower the thresholds for students to pursue societal impact through innovation and entrepreneurship.

- Co-designed the project "Hello Neighbor" whose purpose was to improve how Gothenburg as a city welcome and include refugees.
- Managed and coordinated an entrepreneur-education program together with Drivhuset
- Coached and led workshops in areas such as team-building, communication and problem-solving for 50 students

PROJEKTMANAGER

Rädda barnen - The Ellen Project

Oct 2014 - Aug 2015

The Ellen-project helps young women identify and challenge restrictive norms in society through dialogue groups in schools.

- In charge of recruitment, education and coaching of moderators/coaches
- Designed and led workshops for dialogue groups and moderators/coached
- Composed new education-material with a focus in communication methodology, positive psychology and coaching.

COACH

Försäkringskassan

Sep 2015 - Dec 2016

Supervised coaching at Försäkringskassan.

- Goal-oriented coaching focused on stress-management
- Communication methodology based on "motivational interviewing" (MI)

AGILE COACH

Freebee

Apr 2013 - Jun 2013

Freebee is a tech-startup that develops an app within digital marketing.

- Redesigned and streamlined work-processes with a focus on meeting structure, corporate culture and intern communication
- Coached teams to be high performing, facilitated stand-up meetings, planning meetings, and retrospective/reflection meetings

EDUCATION

2017

Yoga sadhna, India, Rishikesh

14 days, 100 hour mindfulness meditation teacher training

2017

Vipassana, India

10 day meditation course with 100 hour practical meditation practice

2016

Bachelor in Cognitive neuroscience

University of Skövde

2013

Agile project manager

Changemakers education

References upon request