

Frank Jäger  
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born \*1969, July 18 . married, 1 child  
Coaching & Training in German and English



## ICF Professional Certified Coach (PCC) . Certified Professional Co-Active Coach (CPCC)

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### work experience

- since 2015: Founder and Owner at IMPROVO COACHING Frank Jäger, Düsseldorf
- transformational Coaching for individuals and teams (corporate & private)
  - Training, Facilitation and Consulting for change & corporate culture
  - designing and delivering training programs and leanings journeys in companies
- since 1997: freelance consultant, instructor, speaker, coach, trainer, and facilitator
- workshops & seminars (on- & offline), trainings & lectures, conceptual design & realisation of large group events & projects with various groups of different sizes
- since 1999: Freelance online and in-person Lecturer at Cornelsen Schulverlage (Akademie), Berlin
- front of room Leader for retraining and further education of schoolteachers, LiveOnlineSeminars & webinars
  - trade fair presentations and speeches
- since 2020: Associate Partner at Leadership Choices GmbH, Wiesbaden
- 2014 – 2019: Cooperation Partner at ComTeam Academy&Consulting AG, Gmund
- Consultant, Facilitator, Trainer & Coach for leadership and communication
  - workshops on cultural development and change processes
- 1997 – 2016: Owner and Managing Director at GANGART Theater\*Event\*Training, Köln
- *Business theatre*: designing customized theatre plays and performances
  - innovative training concepts for personnel and team development: experiential learning workshops and seminars for employees and executives
- 2000 – 2012: Faculty Member / Lecturer in the vocational education for Theatre in education/theatre pedagogy at TPZ Köln
- instructor for practical application of theatre in education/theatre pedagogy and working with groups; designing tutorials with theatre methods

## Core areas

Coaching and training with focus on personal leadership and interpersonal communication skills

- “Leadership Presence” – embody your leadership
- ”Deploy your range” – become aware of your possibilities for a fruitful communication
- “My presence - My impact” – awareness of your body language to make an impression
- “Changing perspectives” – deal with change: transformation for personal and team development
- “Culture is what we make it” – workshop facilitation for developing corporate culture

## Expertise, Education & further Training

- +1000 Coaching hours in German and English
- +20 years of experience in organisational and personnel development with various target groups in companies from diverse industries
- PCC certified with the International Coach Federation (ICF), since 2019
- CPCC . Certified Professional Co-Active Coach with CTI The Coaches Training Institute (USA), 2015
- ORSC . Organizations & Relationship Systems Coaching fundamentals CRR (USA), 2014
- various Trainings and (Theater) Workshops (e.g., ImprovSkills for Coaches w/ Sue Walden, HOST2Transform® human-centered Leadership development)
- Tools & assessments: Insights Discovery® Licensed Practitioner, SCIL® Master
- University degree in Sport Science / Physical Education (Diploma) at DSHS Köln - German Sports University Cologne; *specialization*: Movement-Theatre (performing arts in motion), 1999
- apprenticeship & work as emergency medical assistant/paramedic, 1990
- final secondary-school examinations (A-levels/Abitur) at Gymnasium Michelstadt, 1989

## Interests

my family; art&culture (theater, dance, paintings, architecture); sports (tennis, swimming, skiing, hiking); travelling and a good story (in books, films, conversations ...)



**“Magic happens outside your comfort zone: explore. engage. extend.”**

*My goal as a coach and trainer is to raise awareness and evoke transformation, to inspire learning and help my clients move forward personally and professionally. My approach is strength-oriented, positive, and lively, and characterized by trust, openness and respect, playfulness and humor. My professional background is in (business) theater, and I am still using theater skills and tools, as acting and improv-theatre has shown me how important playfulness and fun are for thinking differently and trying out new ways of doing things ... to change ‘with joy’. I believe that experiential learning is the best ways to work on personal development.*

