

In Praxi News

Three Years In Praxi Coaching

The idea

In Praxi Coaching is a workshop on personality development offered to bachelor students by alumni since 2010. Based on the content of a state of the art top management program, its design aims to complement the WHU curriculum by addressing issues around self-awareness, reflection, communication, and feedback in module one and "What really matters to me in life?" in module two.

„Something that I missed during my studies was a platform for critical exchange - independent of day-to-day courses, case studies, and other group work... and with an opportunity for an inner retreat to better process experiences and lessons learned. So, I gladly volunteered when WHU approached me with the topic“, says Torsten Weber (D 1995) who developed the program and trained/coaches the group of currently 12 alumni facilitators.

“We should give more relevance to maturity and first experience of life of the students to allow them to better face the WHU program, e.g. the constant (peer) pressure and to be able to further develop their personality,” says alumni facilitator Christophe Rabut (D 1997). In plenary sessions, but primarily in small groups, students ask themselves questions like “Who am I?” and “Who do I want to be”, “What are my personal strengths” and “What really matters to me?”.

First experiences

Patrick Tang (BSc 2012) is looking back on three modules of In Praxi Coaching Program: „The coaching highly enriches our business education at WHU. For me, IP Coaching was a great opportunity to learn from the experience of our WHU alumni and to take the time for self-reflection. IP Coaching encouraged me to think about who I really am, what I actually want, and what I would like to achieve in life.“ The program does not only target self-awareness and reflection on the individual level, but also more crucial features of team work, e.g.

communication and feedback. „During the IP Coaching, we built trust within the team and relationships became more personal. Learning how to directly give critical, yet constructive feedback made me think about my own yardsticks. Further, the In Praxi Coaching helped me understand how my ability to work in teams or my responsibility for results depends on my inner stability and balance. The participation in this program helped me rediscover values and objectives that I had lost during my bachelor studies“, says Benedikt Neufang (BSc 2012). All stakeholders of the program do benefit from very personal experiences that can change a lot and the program itself strengthens the exchange between alumni and current students of WHU.

The future

After three years of IP Coaching, we can draw the conclusion that all stakeholders are very satisfied and take valuable experiences away. In his thank you letter, Professor Frenkel finds motivating words: “The WHU and I as the dean, we think the volunteer work of the Alumni Coaching Team is great and I appreciate their dedication to the fullest. We very much like to accept this gift.” With the demanding study program at WHU, the personal and professional development can get out of focus. For this reason, Torsten Weber seeks to continue the program - however: „Despite the positive feedback we have received after three years and one full cycle with a group of bachelor students, it is our observation that there is a need for additional changes at WHU on a systemic level to mirror the new challenges that accompany phases of organizational growth.“

We look for you!

“In Praxi Coaching is a unique possibility to stay in touch with the younger WHU students’ generations, and to help them to get a different and more self-confident view of themselves and their studies.”
Verena Sinß, D 1994

I can personally only recommend alumni to take the opportunity to volunteer to



Fotos: Thorsten Weber



Alumni Facilitators 2012 (f.l.t.r.): Florian Weiß (External), Saskia Stella Gleitsmann (MSc 2013), Christophe Rabut (D 1997), Petra Andres (D 1989), Verena Sinß (D 1994), Gregor Hocke (D 1995), Angelika Sonnenschein (EMBA 1999), Torsten Weber (D 1995), Christian Langen (D 1998) and Christian Weiss (D 2000); missing: Erik Boos (D 2001), Jan Deepen (D 2002), Anina Janacek (D 1995), Marc-Olivier Lücke (D 2002), Markus Pohl (D 1995)

give your time! If you want to experience yourself in the coaching role and feel that the In Praxi Coaching Program is the right place to do so, you are kindly invited to contact **Torsten Weber** (tw@bridging-ideas.com) to participate in one of the next Coaching modules.

Thank you

In the name of the current BSc students, I want to thank all persons that made this program possible. We want to thank especially Torsten Weber for his initiative to create this program, Heike Hülpsch for her ongoing support of the program and all the alumni facilitators that helped to realize the program.

Author: Saskia Stella Gleitsmann (BSc 2010, MSc 2013)