

ALINE BIERHOFF

COACH AND TRAINER



CONTACT

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[key2advance community profile](#)

EDUCATION

Master of Science in Human Resource Management
2016-2018 | University of Groningen

Master of Science in Work, Organizational and Personnel Psychology
2015-2017 | University of Groningen

Bachelor of Science in Psychology
2012-2015 | University of Groningen

CERTIFICATIONS

Certified Coach (QRC), Coach and Trainer of Young Professionals, Group Dynamic Skills, Fitness Trainer

ABOUT ME

Aline is a certified coach and trainer for young professionals and has specialist expertise in Work Psychology.

In the course of her studies, she trained Bachelor's students in communication and developed an in-depth interest in the field of coaching. After earning her second Master's degree in Human Resource Management, Aline completed internships in different industries in the field of HR to make the leap into the international business world.

Aline believes that we need to be aware of the qualities and skills that we already have in order to develop personally and professionally. For diversity to be successful, interaction and communication are key, and she is committed to finding common ground in our increasingly multicultural societies.

Originally from Bonn, Germany, Aline is also fluent in English and has spent the last 7 years living, studying, and working in English-speaking environments, including South Africa, New Zealand, Australia, and the Netherlands.

PORTFOLIO

Impact

Team

Coach

Q&A

1) How did you get involved in key2advance?

Following the clause: "Maybe you know someone..." I met Mona in September 2019. Since we were both living in Bonn at that time, we met for dinner and stayed in touch. A few months later, I got the chance to deliver my first workshop for key2advance and to meet this wonderful and multicultural community which teaches me a lot in many ways whenever we get together.

2) What experience do you bring to the community?

My specialization in both Work Psychology and Human Resource Management allows me and the community to look at relevant questions from two perspectives to find tailored answers. The fact that I have been living, studying, and working in an English-speaking environment for the last 7 years among people from various different backgrounds helps me to approach the community and our clients open-mindedly with genuine interest and empathy.

3) What value does coaching and training bring to your clients?

First and foremost, coaching and training comes along with (self-)awareness which is the basis to develop personally and professionally to my mind. It can bring self-fulfillment, clarity, a feeling of success and empowerment. Clients grow and to me this is a fascinating, beautiful and personal process again and again.

4) How do you work with your clients to ensure the perfect session?

Predominantly, in every session, I focus most on establishing a learning environment and a relationship characterized by trust, safety, and genuine interest. In my experience, continuing to invest in the quality of the coach - coachee relationship in each and every session will allow both to work on a deeper level.

5) What's your favourite part of being part of the key2advance community?

My favorite part of this unique community is the exchange with all members, to learn from each other, to exchange ideas and thoughts, to be inspired after every interaction.