



Sara Dolf-Metzler
Business and Executive Coach

Sara Dolf-Metzler is an economist and, as a certified coach, she is able to apply her further education in systemic coaching to a variety of coaching mandates in the areas of career development, change management, life balance and helping clients to achieve ambitious goals. Furthermore, she accompanies strategy development and change processes and provides advice in the field of marketing.

Sara Dolf-Metzler boasts wide-ranging international experience in various industries as well as non-profit, consulting and governmental companies which she applies in her coaching and consulting work. She was among other things responsible for leading the strategy process of a large administrative department and for international networking and knowledge exchange as well as managing large projects in the marketing and development of sustainable products. Her career led her to Australia, where she worked as a trade manager for the Asian market. This period strongly influenced her and enabled her to gain global experience in international management.

Sara Dolf-Metzler holds a master's degree in Management and Economics. In the course of her studies she has emphasized on and deepened her expertise in human resource management and marketing. She also has advanced training in systemic solution-oriented coaching (CAS) and developmental psychology.

A diversity of perspectives is a very important factor for her in coaching. She brings to her consulting work the benefits of her experience of working in international teams and her proficiency in cross-cultural communication. She is convinced of the importance of diversity, open communication and broad vision horizons for successful cooperation and management. Sara Dolf-Metzler is involved in the field of sustainability and is a jury member of the Energie- und Klimawerkstatt of myclimate, which rewards innovative projects by trainees.

Sara Dolf-Metzler speaks German, English, Spanish and French fluently. She lives in Switzerland and passionately pursues her wide range of interests including sports, photography and writing.

