

CAROLINE HEDLER

/ WELL-BEING & PERFORMANCE COACH

CONTACT

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SKILLS

Positive Psychological
Coaching

Motivational interview-
ing (MI)

Mindfulness

Stress Management

Quality of Life Therapy

Self-compassion
Training

Motivation & Goal
Setting

Project Management

LANGUAGES

English - fluent

Swedish - native

EXPERIENCE

Well Being Coach / University of Edinburgh - Business School

SEP 2018 - APR 2019 | EDINBURGH

- Initiated and designed a one year pilot providing coaching as a way to support and improve student mental health, academic performance and student satisfaction.
- Innovated existing support systems within universities by working preventatively.
- Provided one-one coaching sessions for a year of 250 students.
- Educated within areas such as: well-being, stress-coping, motivation, time-management, goal setting, self-esteem/confidence and personal strengths and values.
- Fostered psychological resilience and a solution oriented/growth mindset.

Well Being Coach / University of Edinburgh - School of philosophy...

JAN 2019 - APR 2019 | EDINBURGH

- Award nominated student initiative based on the successful pilot initiated within the business school.
- Same project design as for the Business school (please see above).

Psychological/Life Coach / Self employed

NOV 2016 - Current | STOCKHOLM & EDINBURGH

- Evidence based and goal oriented coaching with a focus on increased well-being.
- Used methods, interventions and interview methodology based on research from cognitive neuroscience, positive psychology, and evidence based coaching.
- Common themes:
 - Helping clarify purpose and building self-esteem
 - Realizing a business idea or important goal
 - Designing a rewarding and meaningful life
 - Satisfaction within life areas such as career, future goals, relationship status
 - Building self-awareness around personal strengths, values and goals

Agile Coach & Project Manager / University of Edinburgh - Business..

JAN 2019 - APR 2019 | EDINBURGH

- Research project focused on innovating and improving university group work by introducing students to agile methodology, interventions and tools
- Part of the agile team. Co-designed agile landscape including lectures, workshops and facilitated meetings and project.
- Educated and project managed 130 BC and MA students in agile methodology through lectures and coaching.

EXPERIENCE, CONTINUED

Project Manager / Black Dot

NOV 2015 - MAR 2016 | STOCKHOLM

- 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

Stress Coach / Försäkringskassan

SEV 2015 - DEC 2016 | STOCKHOLM

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

Coach & Project Manager / The Ellen Project by Save the Children

OCT 2014 - AUG 2015 | STOCKHOLM

- The Ellen project helps young women identify and challenge restrictive norms in society by giving them a context where they can reflect and discuss their perception of the world and themselves.
- The role included head hunting, educating, motivating and supporting coaches in their work.

LECTURES

The Scientific Study of Well-Being

A lecture covering the most important theories and concepts within positive psychology. Beneficial for HR, psychology, and management/leadership courses on a BC or MA level.

Student Well-Being

A lecture covering the most common mental health issues for university students and ways to overcome these. Beneficial for all university students, eg. in conjunction with mental health week, as an introduction to university life for new students, and as a way to cope with stress for last year students.

EDUCATION

BSc Psychological Coaching (Cognitive Neuroscience) / University of Skövde

2016 | SKÖVDE

Agile Project Manager / Changemakers Education

2013 | STOCKHOLM

Yoga Sadhna / Mindfulness Meditation Teacher Training

2017 | RISHIKESH, INDIA