



TECHNISCHE
UNIVERSITÄT
DARMSTADT

The Counselling
services for employees
of TU Darmstadt on
matters of a social,
professional and / or
personal nature and in
case of conflicts

Advising Supporting Accompanying

Dear Colleagues,

With this flyer, we would like to inform you about our various counselling services.

These services are available to all employees and staff of TU Darmstadt.

Please feel free to contact us whenever you are in need of advice, support and accompaniment!

Frauke Spreckels

Martina Merk

Elke Naumann

Our commitment

Various circumstances in your working and private life can put a lot of strain on you physically and mentally. In our counselling setting, you have the opportunity to speak about these concerns comfortably.

It may only take one meeting session to lighten your burden and provide you with more clarity regarding your situation.

We assist you in developing new perspectives and finding your own paths towards a solution. In addition, we will inform you of other means of support as necessary.

Please feel free to contact us whenever you:

- Plan professional or personal **changes** or are facing them;
- Feel yourself physically and mentally **drained**;
- Experience a personal **crisis** and are seeking advice and support;
- Would like to resolve a **conflict** at your workplace;
- Are looking for consultation, coaching or support as a senior manager for your **team**;
- Would like to gain more confidence in challenging **situations**;
- Would like to reflect on how you deal with addictive substances and similar addictive **behaviours** or are looking for consultation regarding your professional context;
- Feel **threatened** or stalked;
- Experience sexual **discrimination** or assault.



We offer counselling in person on site, by phone and per video conference.

Counselling goals

We would like to assist you in analysing your current situation, adopting new perspectives and in examining other options.

In doing so, we will encourage you to know your own resources and how to use them to find creative answers to your problem.

If necessary, we will also provide information about other programmes and services, including points of contact.

Our guiding principles

Our counselling services are offered on a confidential basis. We offer independent advice and counselling—your concern is all that matters.

Together with you, we jointly develop possible solutions that are realistic and feasible.

We are subject to professional discretion by law.

Please feel free to contact us.

We are looking forward to accompanying you on your journey!



Frauke Spreckels

Appointments by:
Phone: 16-26 556

frauke.spreckels@tu-darmstadt.de

Dipl.-Soz. (graduate sociologist), mediation, additional training in client-centred interviewing, systemic counselling and coaching, organisational development etc.



Martina Merk

Appointments by:
Phone: 16-26 566

martina.merk@tu-darmstadt.de

Dipl.-Soz.-Päd. (graduate social education specialist), mediation, Gestalt therapist, additional training in client-centred interviewing and systemic counselling etc.



Elke Naumann

Appointments by:
Phone: 16-26 569

elke.naumann@tu-darmstadt.de

M.Sc. Psychology, additional training in body psychotherapy, systemic counselling, non-violent communication, supervision.

