

Florian Groessl, PhD

About Florian:

Florian has been working as a neuroscientist for 15 years and has also been a coach for 5 years. He finds working in these two areas to be particularly fulfilling, as they allow him to pursue his passions for both science and working with people. Florian recognizes that leading a satisfying life can be challenging, as it requires balancing various aspects such as work, family, relationships, and health, all while being influenced by one's beliefs, background, and environment.



His ultimate objective is to assist individuals in discovering their own path towards a more fulfilling life, both personally and professionally. Florian believes that a better understanding of neurobiology can help individuals manage their brains more effectively. Furthermore, he firmly believes that increased contentment can improve interactions with others, making life easier for everyone.

His approach:

Florian specializes in the systemic approach, which involves comprehending and addressing the complex interrelationships between individuals and their social systems, including organizations, families, and communities. The approach is rooted in the belief that the challenges and issues people face are not solely a result of their own actions or traits, but are also influenced by the larger systems in which they exist.

Florian collaborates with clients to identify and examine the interaction patterns within their social systems. By investigating how individuals interact with one another and the impact of these interactions, clients can gain new insights and develop more effective communication and problem-solving skills. The systemic approach is especially useful for addressing problems such as communication breakdowns, conflicts, and relationship challenges.

One of the significant advantages of the systemic approach is its focus on the larger social systems in which individuals operate. It is particularly effective in addressing not only individual problems, but also broader systemic issues that may be affecting multiple individuals within a workplace or organization. The individual's work concentrates on identifying and addressing larger systemic problems to effect positive and sustainable change.

Typically, difficulties in interaction result from a mutual contribution that creates expectations and misunderstandings, which can lead to entrenched negative cycles. The systemic approach clarifies relational issues, enabling individuals to separate responsibilities and contributions and resolve interaction problems more effectively.

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