

STEFANIE HABERSTOCK

Cologne, Germany
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WORK EXPERIENCE

German Sport University Cologne *Research Associate*

October 2024 - Now

- Leading and conducting university teaching, including M.A. “Leadership and management in elite sport”. Development of practical concepts to promote leadership, well-being and team cohesion. Research focus on the career development of Paralympic athletes in the Department of Sociology at the Institute of Sociology and Gender Research. Initiation and management of own research project, including acquisition of funding and cooperation partners. Representative of the scientific staff in the working group “Student Health Management”. Writing and publishing of scientific texts in English.

Student Assistant

April 2020 - September 2023

- Conception and implementation of coaching interventions for burnout prevention and promotion of behavioral change, team development and physical activity at the Institute of Psychology, Department of Health and Social Psychology. Collaboration on publications and diagnostic projects. Development and implementation of health concepts for the working group “Student Health Management”. Writing and revision of scientific texts in English.

Funding program “Start-ups from science” (EXIST)

January 2024 - October 2024

Scholarship holder – Social Identity Leadership & Corporate Health Management

- Initiation of a start-up project to promote leadership skills and team development based on Social Identity Theory in order to develop and offer sustainable solutions in corporate health management.

UniDistance Suisse – EDUDL+

April 2024 - July 2024

Associate Specialist, freelance

- Creation and translation (French-German) of didactic content for university teaching in the field of digitalization. Development of materials to promote digital skills among various target groups.

Unternehmen Bewegung GmbH

January 2022 - June 2022

Coach & Consultant in corporate health management

- Consulting and coaching for companies to promote employee health. Development and implementation of health concepts sponsored by health insurances to improve the well-being and performance of employees and teams.

ASTA - German Sport University Cologne

February 2018 - August 2021

International Affairs Officer

- Support and integration of Erasmus and international program students, as well as foreign full-time students. Promoting encounters between international and national students (DAAD Local Erasmus+ Initiative). Advice and support for students during their stay abroad. Deputy chair since 02/2020.

FC Bayern München

February 2019 - April 2019

Internship Sportspsychology

- Implementation of psychological group measures to improve team cohesion and individual mental strength. Supporting young athletes in their mental preparation for competitions and goal setting.

SKILLS

Online kommunikation & collaboration

Data analysis

Software

Coaching

Certificates

Webex, Teams, Zoom, Asana, Slack, Trello, Notion

SPSS, AMOS, Python (Basics), MAXQDA, Jamovi

Microsoft Office, GenAi tools for writing, Grammarly, Canva, Magix,

Protools, Audacity, Psychopy, Canva

Conversation therapy, Movement therapy, Co-active life Coaching (CTI Modell), Value Coaching

Progressive muscle relaxation, DFB Coach C license,

DSHS fitness trainer B, MHFA first aider for mental health

EDUCATION

Doctor of Philosophy (Ph.D.)

German Sport University Cologne

January 2024 - Now

- Dissertation topic: Career development of Paralympic athletes.

Bachelor of Science (B.Sc.) Psychology

UniDistance Suisse

December 2023 - Now

- Major: Psychology with focus work and organizational psychology
- Minor: Business

Master of science (M.Sc.) Psychology in Sport and Exercise

German Sport University Cologne

October 2021 - December 2023

- International study program in English
- Master's thesis funded by the university's internal research funding, grade: 1.0

Semester Abroad

Griffith University Gold Coast, Australia

June 2019 - December 2019

- Partner university, scholarship holder
- Focus areas: Social Psychology; Group Facilitation & Coaching

Bachelor of Arts (B.A.) Sports and Health in Prevention & Therapy

German Sport University Cologne

October 2017 - July 2021

- Focus areas: Movement therapy for children and adolescents with emotional and psychosocial disorders; health-related physical activity in old age; prevention through outdoor recreation and nature-based activities and movement patterns / Friluftsliv

LANGUAGES

German	native/bilingual
Czech	native/bilingual
English	full professional proficiency
Spanish	full professional proficiency
French	limited working proficiency
Catalan	limited working proficiency

PUBLICATIONS

Peer reviewed

Haberstock, S., & Zepp, C. (2024). "Feeling Better Together": Development and Evaluation of an Intervention to Improve Well-Being in Para-Athletes Using the Social Identity Approach. Association of Applied Sport Psychology 39th annual conference, Las Vegas, NV, October 23-26.

Haberstock, S., Schulte, L., Seidel, J., Cowper, I. & Pels, F. (2024). The Relationship between (Dis-) Empowering Climate and Basic Psychological Need Satisfaction and Frustration – First Results on the Impact of Peers. German Journal of Exercise and Sport Research. <https://doi.org/10.1007/s12662-024-00980-4>

Haberstock, S., & Zepp, C., (2024). Stärkung der Zusammengehörigkeit im Para-Sport: Eine Intervention zur Förderung von Teamidentifikation und mentaler Gesundheit. Sportsoziologie als Krisenwissenschaft: Abstractband zur Jahrestagung 2024 dvs-Sektion Sportsoziologie; 25. - 27. April 2024 Georg-Christoph-Lichtenberg-Haus, (S. 38). Darmstadt. TU Darmstadt.

Gawlik, A., **Haberstock, S.**, Beckert, J., & Zepp, C. (2024). What moves truck drivers? A person-centered perspective on workplace physical activity promotion. International Journal of Occupational Safety and Ergonomics, 30(2), 425–435. <https://doi.org/10.1080/10803548.2024.2315898>

Haberstock, S., & Zepp, C. (2022). Mental well-being in sport groups: A social identity approach. In C. Voelcker-Rehage, N. H. Pixa, J. Rudisch, V. Belkin, E. Eils, S. Fröhlich, T. Göcking, M. Hendricks, T. Janssen, R. Julian, L. Kopnarski, D. F. Kutz, M. Mack, L. Mender, R. Stojan, & L. Thorwesten (Eds.), Ein Gehirn, viel Bewegung – Variabilität und Plastizität über die Lebensspanne: (S. 102–103). Westfälische Wilhelms Universität Münster.