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LanguagesGerman, English

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My energy is infectious!

Seeing leaders, teams, and companies surpass themselves is what drives me – and is also the result of my work. I put a lot of passion into empowering my customers to explore new possibilities for action, to master challenges, and to write individual success stories. I make sure that my customers get exactly what they need. I achieve this through a combination of being highly sensitive to different needs and untapped potential on the one hand, and applying my broad methodological know-how on the other.

When implementing training sessions and workshops, my customers find me energetic, refreshing, and enthusiastic. My attitude as a trainer and facilitator is significantly influenced by various basic principles of applied improvisation. In terms of conceptual collaboration, I offer convincing, well-founded knowledge and creative ideas – combined with a high quality standard.



My expertise for you

Special skills

Selected customers

- Design and delivery of development programs and training courses for managers and teams
- Facilitation of workshops and large groups
- Individual and team coaching sessions for specialists and managers
- Strategic consulting for personnel development departments
- Design and delivery of tools for the analysis of potential and management diagnostics
- M. Sc. Psychology
- Certified trainer for applied improvisation
- Certified team developer/coach
- Certified change manager
- Certified organization and business model developer
- Certified business facilitator
- Systemic Coach Practitioner
- OBI Group Holding SE & Co. KGaA
- Materna Information & Communications SE
- KNIPEX-Werk C. Gustav Putsch KG
- Provinzial NordWest Holding AG
- RWE AG
- thyssenkrupp Academy GmbH
- thyssenkrupp Steel Europe AG
- thyssenkrupp Presta Steering