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Languages

German, English

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PROFIL 

The only constant is change

Changes are natural processes and part of life. However, we can influence how we deal with them and what opportunities we see in them. Do we see them as opportunities, approach them proactively, and shape them? Or do we hide from them and feel insecure?

My goal as a management consultant and certified business coach is to support you on these change journeys in a self-confident and goal-oriented way.

In the course of my work, I have already facilitated and implemented numerous selection and development processes, conducted individual and group coaching sessions, and specialized primarily in the areas of stress management and psychological resilience.

Together we can initiate a successful change journey that will positively shape your future. I look forward to cooperating with you.

My expertise for you

- Design and delivery of development programs and training courses for leaders and teams
- Facilitation of workshops and large groups
- Individual and team coaching sessions for experts and leaders
- Strategic consulting for HR development departments
- Design and delivery of workshops on stress management and psychological resilience

Special skills

- LL.B., Bachelor of Laws, specialization in labor law (individual & collective)
- Certified business coach & psychological consultant
- Experienced facilitator & moderator
- Team player

Selected customers

- ENBW
- Roche Pharma
- LINDE
- BASF
- TK STEEL