

- Consultant, Trainer, Coach & Lecturer
- Married, living near Rosenheim
- Yoga practitioner; likes being outdoors



„Empowering by discovering new degrees of freedom“ is my guiding motto

Together we step onto the next level of disruptive change. Trained intuition, empathy and technical expertise are my ingredients for successful developments.

I stand for

- an appreciative and demanding working atmosphere
- a holistic approach considering both the big picture and the relevant detail needed to become actionable
- open-mindedness and humor

Consulting Areas and Formats

- Facilitation of workshops and retreats: Operational and strategic topics as well as team development and group dynamics
- Conceptualization and implementation of training formats with a special focus on (self-)leadership in the digital age
- Organisational analysis and co-creation of relevant change measures
- Coaching of individuals and teams in the triangle of personality - role - organisation (typical topics: conflict resolution, decision making, strategic organisational development, etc.)
- Change- and Project-Management: Accompanying and advising set up and execution of change projects
- Keynotes on the above connecting theory and practical implications

Professional Background

- Degrees in Psychology and Aerospace Engineering, MBA Int'l Management
- Several years of experience in system engineering and team lead
- Self-employed as a systemic coach and facilitator since 2014
- Lectureships in Entrepreneurship, Organisation and Leadership topics
- Trainings as a systemic coach, organizational analyst, quality management and licensed for the KAIROS- Decision-maker profile®
- Yoga Teacher-Trainer with focus on mindfulness, psychology and vinyasa
- Quality Assurance through supervision
- Working languages German, English