



**Senior Consultant, Coach
& Business Mediator**

Äußere Sulzbacher Str. 118
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Areas of expertise

- **Coaching:**
Topics: Emotional intelligence, stress management, resilience, dealing with uncertainty and complexity, stakeholder management, relationship building collaboration, conflicts
- **Mediation:**
Topics: Trust, collaboration, performance, leadership, organizational structure

Experience

- 1997 – 2011: Mercedes-Benz Bank / Daimler Financial Services
Executive, change management – senior project manager, in-house consultant international, trainer, project team member, legal advisor
- Seit 2011: M hoch x, Leadership and Team Coach, Business Mediator
- Seit 2019: EntfaltungsRaum, individual and group coaching, coaching retreats in Crete, Ammersee, and other places of power
- Seit 2021: Mindlead Institute, Salzburg, Trainer for Mindful Leadership

Education

- **Law studies, 1st and 2nd state examinations**
University of Konstanz
- **Systemic Business Coaching Basic + Advanced**
Kröber Kommunikation und profession
- Systemic organizational development & change management
isb Wiesloch

Additional qualifications

- Project management certification, GMP/IPMA
- Consultant qualification for change processes, professio + Daimler Corporate Academy
- Systemic transactional analyses, professio und Dörthe Verres
- Team coaching, Kröber Kommunikation
- Certified Business Mediator, Trigon, Fortbildung 1
- Existential topics in coaching, professio, H. Jellouschek
- Dialogue formats: Dynamic Facilitation, The Circle Way, World Café, Open Space, Liberating Structures (all in one spirit / M. zur Bonsen)
- Organizational design, osb Wien
- International Emotional Intelligence, Diez Training und Partner
- IntrovisionCoaching, dehner academy
- Agile organizational development, kollegiale-fuerung.de
- Couples synthesis, integrative couples therapy, GIPP e.V
- EMDR-Coach, Institut für NLP und EMDR Tübingen
- Online Mediation, zweisicht
- Certified trainer for mindful leadership in organizations, MLI Salzburg/Trigon
- Leadership Embodiment, Facilitation Academy, Berlin
- The Wholeness Work, Dr. Connirae Andreas
- Hypnosis in Coaching, Dr. Agnes Kaiser Rekkas, München/Peloponnes
- Certified consultant for mindfulness-based system change, MLI Salzburg/Trigon
- Psychodynamic coaching with NARM, Neuroaffective Relationship Model

Working languages

German, English, Greek

