



## FURTHER TRAININGS AND CERTIFICATIONS

- 2018 **Mindfulness & Leadership** Oxford Mindfulness Centre, Oxford
- 2018 **Mindfulness & Coaching** Oxford Mindfulness Centre, Oxford
- 2018 **Certification Personality Questionnaire SHAPE, Motivation Questionnaire DRIVE und Cognitive Abilities BRAIN**  
AssessFirst, Luxemburg
- 2017 **Leaders at all levels, The accountable manager, The leadership contract**  
LHH, London/USA (in-house training)
- 2017 **Certification Executive Coach** LHH, London (in-house certification)
- 2017 **Certification Hogan (HPI, HDS, MVPI)** aps, Luxemburg
- 2016 **Conference „Mindful Leadership“ and „Mindful Leadership Workshop“**  
University Witten/Herdecke
- 2016 **Train the trainer**  
Frankfurt School of Finance & Management
- 2015 **Neurosciences and Communication** Neurolead, Luxemburg
- 2015 **Systemic-integrative Stress Management – Part 3** WISL, Wiesloch
- 2014 **Conference “Züricher Ressourcenmodell” with Maja Storch**  
University of Applied Sciences
- 2014 **Trainer Stress Management** KET Akademie Karlsruhe
- 2014 **Trainer Progressive Muscle Relaxation (PMR)** KET Akademie Karlsruhe
- 2012 – 2013 **Organizational Development/Change Management** Akademie Remscheid
- 2012 **Participation Mindfulness-based stress reduction (MBSR)**  
Andreas Mettchen-Blasius, Trier
- 2011 **Group- and Team- coaching** ISAPP University of Applied Sciences Rhein-Main
- 2010 – 2011 **Coach (University of Applied Sciences) – DCV accredited**  
ISAPP University of Applied Sciences
- 2009 **Systemic coaching/systemic work in organizational consulting**  
Institut für Familientherapie, Weinheim
- 2009 **360°- Feedback** Quintessence, Brüssel
- 2008 – 2015 **Inhouse-Trainings:**
  - Change Management
  - Leading job interviews - STAR-Method (Situation-Task-Action-Result)
  - Time Management
  - Sales trainings