



SUCCESS FOLLOWS JOY.

Life & Success Coach, Leadership Expert & Keynote Speaker

SKILLS & VALUES

- Expert for personal transformations
- Organisational talent
- Self-leadership
- Motivating people
- Communication & conflict mediation
- Hybrid leadership
- Team management
- Psychological safety
- Resilience and burnout prevention
- Mental & success coaching
- Hypnosis, trauma healing, inner child work
- Clearing self sabotage

KEYNOTES – a SELECTION

| Mental Health & Resilience:

How to make your subconscious work for you. More energy, creativity and joy through neural transformations.

| From brainf***s to brainorgasms:

Turn overthinking into creating innovations.

| Houston, we have a problem.

Successful communication in crises.

| A fish starts to heal from the head:

If employees don't leave companies but managers, what does it imply about your leadership?

| Women becoming visible:

Why they often aren't, and how they will be.

| Winning the War for Talents:

Successfully addressing the skilled labor shortage.

| If the apple doesn't fall far from the tree, does it stay there forever?

Change management & personal growth in companies.

| The Goldilocks-Principle:

How to emerge as winners from crises.

PROFESSIONAL LIFE

| since 2010: Life & Success Coach

Hypnotherapist (Marisa Peer, Los Angeles), Business Mentor & Consultant, Family Consultant (Jesper Juul, Denmark), Supervisor and Couples-Coach

| 7 Trademarks, incl. my own mental coaching technique IRT®

| Leader at Lufthansa Group

2001-2020: Flight attendant and purser, short- and long haul flights

| Clients

GotBAG - IPUS - Lufthansa Group - BIH Charité - K+S - Soka-Bau - Delivery Hero - Stadt Rüsselsheim - Stadt Mainz - R&V Versicherungen - Aveato - McDonald's children's hospital, and more.

| University Lecturer:

- **RWTH Aachen:** Teambuilding; solar challenge, Australia
- **HS Kaiserslautern:** Leadership 4.0

| TV:

- **Sat.1:** Stell' Dich Deiner Sucht - tv host for an intervention show
- **ZDF:** expert for families in crises

| Author:

- **Das Goldilocks-Prinzip** – Wie Sie aus Sch*** Gold machen
- **Revolutionize your Life** – Core Leadership Strategies for Inner Healing & Change
- **Expert Contributions:** Cornelsen & ManagerSeminare

| Training and continuing Education:

- **2015-2023:** Leadership Circle Master | Reiss Motivation Profile Master | RTT Mental Coach | Transactional Analysis | Facial Resonance
- **2007-2020:** Personnel Development and Integration into Human Resource Management | Leadership & Personality | Leading & Being Lead | New Leadership Competencies | Advanced Leadership Skills | Natural Leadership Authority | Collegial Reflection | Intercultural Communication | Psychosomatic Solutions
- **2009-2012:** Training as a family Counselor, Teenage Coach and Supervisor

| 2007: Media Manager, Diploma, JGU Mainz, Germany