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About me

- Studies in psychology, philosophy and anthropology at the Christian-Albrechts-University of Kiel; *Diplom* degree in psychology.
- Ph.D. (Research on the quality criteria of assessment centers).
- What describes me best: giving equal status to reflectiveness and activity; combining empathy with analysis; independence and deep convictions; enjoying music, fairy tales and aesthetics; interest in science and religions; loyalty to people and to topics.

Current areas of work

- Team development as well as workshop and group facilitation (especially for top management).
- Management diagnostics: auditing top executives and high potentials.
- Seminars on the topics of dialogue and conflict, psychological negotiation techniques, and female leadership.
- Coaching top executives.
- Developing and implementing (corporate) mission statements.

My professional understanding

- Professionalism: "I apply my specialist knowledge of psychology in a targeted and practical manner—and I say, show and explain it explicitly."
- Team coaching: "In groups, there is nothing more important than a structured, honest and appreciative discourse—this is what I must promote as a professional facilitator."
- Diagnostics: "I try to let everybody be and become what they want—I want to understand and accept them as long as this is somehow compatible with my own values."
- Individual coaching: "I think that personal coaching success is based primarily on building genuine trust, conducting intensive dialogues and setting realistic goals."
- Training: "People like learning together to address actual needs, based on a good mixture of reflection and exercises, and if possible to achieve personal growth."
- Focus areas of my methods: academically-based management diagnostics, learning and behavioural psychology, traditional group dynamics and empirical social psychology, theme-centered interaction (TCI), result-focused self-reflection.