

# Coaching | Consulting | Training

... and more.

There is a wide spectrum of services in the fields of coaching, consulting and training, and the 'jungle' of service providers and offers is often dark and intransparent.

Sorry - this website is still under construction for the English version.

The following are my core competences:

## **Personal Coaching and Training**

- | Self-Development / Work-Life-Balance
- | Self-Management including Time-Management
- | Soft Skills

## **Business Coaching and Training**

- | Development and Improvement of Leadership Competence
- | Teambuilding/Teamleading,
- | Conflict and Change Management,
- | Health Care Management

You wish **more information** or an **individual first consultation** to find out more?  
Of course - any time and free of charge!

[Just contact me!](#)

## **Some images**

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