

Education Medical School at the University of Heidelberg, London, Chicago, Toronto and New York (sponsored by the German National Academic Foundation and the DAAD (German Academic Exchange Service))

Doctoral thesis about the effects of stress and conflict behavior in people with increased risk of heart attacks

Advanced training in the area of stress related disorders and medicine

Additional diplomas in systemic organizational consulting, mediation and organizational development

Further education in coaching, training and moderation at the Academy of Unicredit, Boston Business School, Sankt Gallen Business School

Professional Profile

2002 - today Lecturer and Project Director for Leadership at Boston Business School and Sankt Gallen Business School

2002 - today Coach and lecturer Allianz SE

2003 - today Coach and trainer for Allianz, Audi, BASF, BMW, Daimler, Novartis etc.

2006 - today Professor of Leadership at MBA Program at the University of Krakow (Poland)

1999 - today Senior Consultant and Medical Co-Director at a crisis center with 1.000 clients/y

1992 -1999 Clinical practice as medical doctor in several areas of internal medicine and emergency medicine

Activities

Leadership seminars (open enrollment and inhouse) with focus on: Management of stress, conducting meetings, presentation, negotiation, conflict management, coaching, effective leadership, change management & organizational consulting

Executive coaching with focus on personality development and stress prevention

- Conflict analysis and mediation, Burnout-Prävention
- Communication in organizations, organizational diagnostics
- Moderation of remote meetings for planning and reflection
- Unconscious Bias, Diversity and Inclusion, cultural change
- Team development, kick-off meetings
- Guest speaker, key note speaker