

About me

My family has its roots in Switzerland, England and Germany. These cultural differences and the international dimension have shaped my interest in languages as well as how I interact with people. I speak German, English, French and Spanish.

Professional journey

Independent trainer and coach since 2005, part of the network
www.4you.ch

Trainer in the financial industry (topics: sale, communication, conflict management)

Established and managed an UBS branch

Traditional banking apprenticeship



Training and professional development

Future Core Coaching with Wolfgang Stabentheimer / Wolfgang Steger,
www.future.at

Logosynthese with Willem Lammers, www.logosyntheses.international

Empathic coaching with Metapuls, Suna Yamaner, Regula Langemann

Coaching, personal and organisational development with Regio-Team,
approved by BSO

Conflict management with Fritz Glasl

My beliefs

For me, to develop means to discover the world. When I see something differently, I experience it differently

Developing also means recognising what I am capable of, enabling me to reach my potential and live fully with joy.

Active collaboration

Every member is an expert in their field:
www.4you.ch

Membership:

Professional association: www.bso.ch

Trade organisation: www.kso.ch

Women's Organisation Association: www.frauenverband.ch