



Sylvana Grabitzki

- 15+ years owner manager of Sylvana Grabitzki Beratung -Training - Coaching
- 19+ years of experience in consulting, training, and coaching
- Works with **DAX 30** and **medium-sized businesses** including BASF, Bühler, Graubündner Kantonalbank, K+S, Läderach, Mettler-Toledo, Novartis, SICK, Sto, Straumann, Stryker, Takeda, Zeiss, ZfU, Z-Laser
- **Co-Author** of “Life and Work in Balance”, Beltz Verlag 2012

Work Focus Expertise

- Life-Balance & Stress-management
- Self- & Time-management
- Dealing with conflict
- Strong leaders/Mindfulness-based leadership
- Workshop facilitation
- Executive coaching

Working Style Transferability

- Resource-oriented
- Solution-oriented
- Experience-oriented
- Pattern-breaking

Working Language

- German: Native proficiency
- English: Fluent
- Swiss German: Full professional proficiency

Qualification

- Certified Trainer, Facilitator, and Coach
- Zürich Resource Model (ZRM), NLP, Psychodrama, Personality Models & Team Roles, Systemic Training & Coaching, Experiential Learning, Impact-Coaching, Hypno-systemic communication, Life-Balance & Embodiment, Priming, Mindfulness-Based Stress Reduction (MBSR), Mental Training, Contemplative Practice (IMS), Qigong Teacher

Qualified by

- Prof. Dr. Gerald Hüther, Brain and Body (Göttingen)
- Dr. Maya Storch, Resource Activation and Embodiment (Zurich)
- Dr. Danie Beaulieu, Impact Coaching (Canada)
- Dr. Bernhard Trenkle, Hypno-Systemic Communication (Rottweil)
- Dr. Gunther Schmidt, Resource-competence activation in coaching, personality development (Heidelberg)
- Shi Yan Bao, Shi Xinggui Shaolin QiGong (China, Berlin)
- Carol Wilson & Joseph Goldstein, Inside Meditation, IMS (Barre, USA)

University

- Forest Ecology, Freiburg University
- Sociology, Osnabrück University

Sylvana Grabitzki & Partner – Changes that work!