



Sylvana Grabitzki

- 16+ years **owner manager**
Training and Coaching Self-Leadership
- 20+ years of experience in coaching and training
- Works with DAX 30 and mid-sized businesses including Bühler, Graubündner Kantonalbank, K+S, Läderach, Losan, Mettler-Toledo, Novartis, SICK, Sto, Straumann, Stryker, Takeda, Zeiss, ZfU, Z-Laser
- **Book Author**, Beltz, GU

Work Focus Expertise

- Self-Management
- Resilience
- Life-Balance
- Conflict-Management
- Mindful Leadership

Working Style Transferability

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

Working Language

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

Qualification

- Certified Trainer, Facilitator, and Coach
- Zurich Resource Model (ZRM), NLP, Psychodrama, Systemic Training & Coaching, Experiential Learning, Impact-Coaching, Hypno-systemic communication, 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 (Heidelberg)
- Dr. Michael Bohne, PEP, Emotional Self-management (Hannover)
- Shi Yan Bao, Shi Xinggui Shaolin QiGong (China, Berlin)
- Carol Wilson & Joseph Goldstein, Inside Meditation, IMS (USA)

University

- Forest Ecology, Freiburg University
- Sociology, Osnabrück University

Sylvana Grabitzki – Changes that work!