

## Elsa Maria van Amern

### Personal data & Qualification

Born 1967

Nationality: German

Languages: English, French, German

- Psychology Masters Degree (Ruhr-University Bochum)
- NLP-Trainer Master Practitioner
- Master of Anthroposophic Art Therapy (Alanus University of Arts and Social Sciences, Alfter)
- Self-employed consultant, trainer, and coach since 1992
- Trainer and personal development consultant for TÜV Rheinland Akademie GmbH, Cologne, since (1995-2003)
- Partner of the Institute for Industrial Psychology & Industrial Medicine (www.IAPAM.de), Prof. Dr. Kastner, Dortmund, (1997-2000)
- Continual education in systemic structural constellation work at the Institute for Systemic Education, Training and Research, Munich (www.syst-strukturaufstellungen.de) since 2002
- 2015 Hypnosystemic Intervention, Gunther Schmidt
- 2017-2018 solution-focused trauma therapy, Dr. Helene Delucci



### Consulting Focus

ongoing lectures, coaching, advice, workshops & seminar implementations on the topics:

- leadership, change management
- conversation and conflict management
- presentation and moderation
- self and time management
- safety & health behaviour
- resilience and appreciation in organizations

### Projects of the last years

ongoing team and individual coachings

2019 Springer author of the book "Klare Ziele, klare Grenzen. Teamorientiert Nein-Sagen und Delegieren in der Arbeitswelt 4.0" (together with Prof. Dr. K. Mierke)

2018 Diagnostics and prevention of bullying and optimization of team culture for a large corporation (industry)

2017 Change process in one of the largest national diaconal institutions

2017 Accompanying change process digitization of a media company

2016 Risk assessment of psychological stress for one of the leading expert organizations

2016 Behavior Based Safety Introduction for international HSEQ managers of a large corporation (industry), including conception & implementation of the qualification of BBS moderators

2015 Evaluation of leadership quality and employee satisfaction of a listed company service provider

2013 Accompanying the change process of a listed service provider

2010 Post-merger systematization, redesign, organization and implementation the cross-departmental range of personnel development for employees, young executives and managers (a company with > 8000 employees)

2009 Conception & implementation of the qualification consulting competence for occupational medicine & safety technology

2007 Concept and implementation of the qualification for a specialist food wholesale consultant

2005 Concept & implementation of the qualification as a certified TÜV lecturer