



# SABINE KAMPMEIER

Coach \* Training \* Development \*  
Mindful Agile Change

## HEY, I AM SABINE

I am happy to meet you soon. Good that you are interested to develop yourself, your team or your organization!

## MY CONVICTION

You are not your thoughts \* Emotions are your Fast Track Infosystem \* Change is possible \* You always have a choice!

## MY SUPERPOWER

Empathic listening and mindful communication, a safe space in which everything can be, analytical, clear, creative, powerful. And sometimes we will laugh heartfully!!

## MY FAVOURITE QUOTATION

„Often it takes a crisis to break through our familiar models of the world. A crisis is a gift, an opportunity and perhaps a manifestation that life loves us by challenging us to explore the world beyond the dance we are currently dancing.“ (Leslie Lebeau)

## CONTACT

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## MAIN AREAS OF WORK

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Systemic life & business coaching - because work and life can hardly be separated these days

- Stress & crisis management, resilience & positive psychology, work-life balance
- Conflicts & Communication
- Changes & new beginnings in midlife
- Business & career coaching

## EXPERIENCE

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- 12 years in marketing, sales & setting up an online portal in a leading international tourism group, in various international roles
- 12 years in consulting and self employed
- 11 years as a single mum, combining work and family

## TRAINING

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- Certified (QRC) & systemic coach
- NLP Practitioner / DVNLP
- Certified mediator
- Certified stress management trainer
- Certified Integral Hatha Yoga Teacher
- Systemic organizational developer
- Consultant Agile Management / Scrum Master
- Management trainer / train-the-trainer
- Theory U, Social Presencing Theater & Embodiment
- Management development program TUI Group
- BA in Business Administration (BA - HONS)