

Coach-/Trainer profile

Anabel Schröder

Born Jan. 21, 1969 in Munich

Lived in Israel, Spain, Germany. Grew up Trilingual (English, German, Spanish)

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Work experience:

- 1994-2000: Project Manager Marketing International, Otto Versand, Hamburg & TIME LIFE, Munich
- 2000-2003: Senior Consultant DMC GmbH, Hamburg
- Since 2003 self-employed as coach, trainer, workshop-moderator, business mediator, consultant, and author
- 2003-today: Company owner of horsesense® training & coaching, humansense® coach-academy and anabel.consulting
- 2010-today: Senior Coach and Trainer for the SYNK Group
- 2013 – 2017: Lecturer of Communication Psychology, University of Hannover

Education

- 1988-1993: University graduate Business Administration, Passau, Germany

Additional qualification:

- Strength-Coach (Gallup®-based)
- ICF Certified Business Coach
- SCRUM Master
- Psychological Counsellor (Paracelsus),
- int. certified Business Mediator (Akademie von Hertel),
- Cultural Intelligence Certified Facilitator (CQ, USA).

Professional emphases

- **German & English:** Development of verbal and non-verbal communication (for leaders, managers, teams, and in change processes), conflict resolution, coaching, horse assisted trainings

Companies that booked me (excerpt):

Hochschule für Technik Stuttgart • Universität Kiel • Hochschule Hannover • Commerzbank London and Frankfurt • Sonepar, Germany • Nycomed Pharma,

About myself:

Switzerland • McDonald's, Munich • Edeka Nord, Hamburg
• Atlas GmbH, Bremen • CeWe Color, Bad Schwartau •
ThyssenKrupp Steel AG, Duisburg • Panasonic, Hamburg •
Sparkasse Holstein, Bad Oldesloe • Thyssen Krupp VDM,
Werdohl • Swiss Life, Switzerland • BFCS
Unternehmensberatung, Düsseldorf • Mikropartner GmbH,
Lübeck & Bad Oldesloe • ProSieben Sat.1, Munich •
Hamburg Port Authority, Hamburg • Adecco, Düsseldorf •
Eurofins, Hamburg • Edel Music, Hamburg • Chemtrend,
Hamburg, • Dorint Hotel, Switzerland • Ernstings' Family,
Coesfeld • Warner Brothers, Hamburg

„As mediator, coach and trainer, I develop the communication and leadership skills of my participants and facilitate a better understanding between people – by creating a respectful and open learning atmosphere, sharing my profound knowledge and experience, giving theoretical inputs with practical orientation, supporting individual solutions, activating the participants, practicing the techniques, and working with a good dose of humour.