



MONA LANZ

Trainer
Coach

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MAJOR SUBJECTS

Coaching of executives and employees

Trainings in change, communication and leadership

Workshop facilitation for team development

EXPERIENCE

Since 2015 trainer at GOLDRADT GmbH

Since 2014 independent consultant, trainer and coach

Working student in HR development at Airbus CIMPA GmbH

STUDIES

Psychology (M. Sc.) with main area in work and organizational psychology, University of Hamburg

FURTHER EDUCATION

Qualification as a trainer at Triple A GmbH

Qualification in conflict analysis within „Pro Konflikt“ at University of Hamburg

Qualification as a consulting in mental introversion (coaching method to remove mental blockades) at University of Hamburg

CUSTOMERS

Lufthansa Technik, Airbus CIMPA, HERMES Logistik, Hamburger Hochbahn, Kinderwelt Hamburg, Triple A GmbH

PROJECTS

Change Management und Change Kommunikation at Lufthansa Technik

Employee survey for internal communication and development of measures (i.e. workshop and training facilitation in communication and leadership) at LHT AG

Team development at a bilingual day care center in Blankenese (Kinderwelt Hamburg e.V.)

Development of trainings for nonverbal communication at Triple A GmbH

LANGUAGES

German, English