



MONA LANZ
Consultant

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FOCUS OF WORK

Coaching for professionals and managers

Training in change management, communication, and leadership

Facilitation of workshops within the framework of change processes

EXPERIENCE

Since 2016 Consultant at GOLDRADT

Since 2014 Self-employed Consultant and Trainer

STUDY

Psychology, M. Sc. with focus on industrial and organizational psychology, Universität Hamburg

APPRENTICESHIP

SAG Team analysis

Harrison Assessment

Trainer certification at Triple A GmbH

Conflict moderation in the course "Pro Konflikt" at the University of Hamburg

Introvision counseling (mindfulness coaching to dissolve mental blockages) at Universität Hamburg

Yoga teacher training (Hatha Yoga and Bikram Yoga)

REFERENCES

A. Lange & Söhne, Airbus CIMPA, Hamburger Hochbahn, HERMES Logistik, Kinderwelt Hamburg, Lufthansa Technik, Triple A GmbH, Zalando

PROJECTS

New Work Organizational Development

Change management and change communication, including employee surveys

Communication workshops, leadership development, management trainee programs

Teambuilding for departments and teams at various clients

Development of training programs on non-verbal communication

Resilience and health in the company

Team Purpose Journey (Find your WHY)

LANGUAGES

German, English

