

# Trainer Profile Kristina Wessely



Kristina Wessely  
Born in 1980

Cologne/Berne

Mobile D: +49 173 74 56 314  
Mobile CH: +41 78 665 09 60

info@kristinawessely.de  
www.kristinawessely.de

"Be the change you wish to see in the world"

Mahatma Gandhi

## Education:

- Licentiate degree in speech and acting
- Certified Project Management Associate (IPMA)
- Coach, certified HypnoCoach (DVH/German Assn. for Hypnosis and Hypnotherapy, NGH/National Guild of Hypnotists), specialisation in performance coaching
- Professional speech coach (AAP/Breathing Rhythm Adjusted Phonation)
- Further education: INSIGHTS MDI, transactional analysis, NLP, systemic thinking, i.a.

## Training and coaching with focus on:

- Performance coaching
- Communication and team building
- Charismatic leadership
- Body language and rhetoric, speech training
- Training in self-confidence for women
- Elevator pitch and storytelling
- Train the trainer

**Work Experience:**

- working since 1994 as a speaker
- 2005 - 2008 actor and director
- 2006 - 2008 HR market research
- working since 2006 as trainer and coach
- 2012 - 2015 university lecturer
- working since 2013 as a project leader

**Reference (Selection):**

Amadeus Germany GmbH

Eckes-Granini Deutschland GmbH

Volksbank eG

Henkel AG & Co. KGaA

Colleges:

Musikhochschule Köln (Conservatory of Cologne), Hochschule Fresenius Köln (Fresenius Academy - University Lecturer), Hochschule Osnabrück (Osnabrueck University of Applied Sciences)

Dusseldorf Chamber of Industry and Commerce

Kierdorf Verlag/Publishing

Mexx Holding GmbH

PepsiCo Deutschland GmbH

Pharmaceutical industry:

AstraZeneca; BMS; Daiichi Sankyo; Gilead Sciences; Ipsen; Sanofi i.a.

RAG Aktiengesellschaft + RAG Montan Immobilien GmbH

SYNCOM-Team GmbH

Total Deutschland GmbH

Volkswagen AG