



PROFILE

SILVIA BARBARA PITZ

EXECUTIVE SUMMARY

As an international trainer and coach since 1998, Silvia brings strong communication and media experience into her leadership and coaching work with senior managers, young professionals and teams alike. A native German speaker, she is also fluent in English and frequently delivers internationally. Something unique to Silvia is how she uses relaxation and meditation techniques to increase both her own and her participants' creativity and work-life balance.

AREAS OF SPECIALTY

Leadership Development & Executive Coaching

For over a decade, Silvia has trained and coached both top executives and high potentials at international corporations in various industries, such as automotive, banking, media, retail and health care. With a background in psychotherapy and extensive experience in 1-on-1 coaching, she aims to leverage the full potential of her coachees. Silvia combines various state-of-the-art coaching techniques and related methods. With various certifications, Silvia has for years been a successful trainer and coach at large electronics retailer, Media Markt.

In dealing with the stressful life of an executive coach on the road, Silvia began studying and coaching relaxation techniques to business executives. Now that she has accumulated years of experience on the matter, she recently published a CD on relaxation.

Communication

Silvia has used her extensive acting and TV hosting experience to specialise in the area of leadership communication. This includes intensive presentation training, speaker training, as well as training on handling the media and the facilitation of discussions in the media.

CLIENTS

Silvia has trained and coached executives from companies such as: BMW Group, NEC, Media-Saturn, Sony, Privatklinik Meiringen, E.on, Fresenius, Straumann, Sparkassen, CommerzReal, Koenig & Bauer, BPW Bergische Achsen, Braas (Monier), Hornbach, Randstad and many more.

QUALIFICATIONS

- INSIGHTS Certification, Insights MDI International, 2012
- Trance Coaching, Dr. Roy Martina, Allgäu, 2011
- Dale Carnegie Trainer Certification (ISO certified), Munich, 2007
- Trainer Education Triple A, Prof. Eckert, Dr. Götz, Hamburg / Frankfurt, 2006
- NLP Practitioner, Stöger & Partner, Markt-Schwaben, 2001-2002
- The Basics of Modern Economy, IHK, Munich, 2000
- Train the Coach – Drs. Vermeulen & Partners, Munich, 1997-1998
- Degree in Psychotherapy from Deutsche Paracelsus Schulen, Munich, 1993-1995



STRATEGIC LEADERSHIP

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