



Methods



Since every company and organization is unique, I tailor my trainings to the individual needs of my clients.

By using a variety of methods, I address different learning styles and enable learning on multiple levels.

I combine theoretical input and individual or group work with engaging methods: impulse talks, role plays, peer dialogue, reflection exercises, learning tandems, experience exchange, discussions,

simulations, individual and group feedback, and mindfulness exercises.

In my work, I use tried-and-tested methods from many years of experience and incorporate approaches from current research.

