



Catrin Lenfers is an experienced trainer, change consultant and competence developer. She has designed and implemented **HR strategies and tools** in a range of companies, and her work as a trainer and certified coach has taken her to international organisations across many industries.

Her coaching focus is supporting clients to discover and unfold their full personal and professional potential. She works internationally in **English and German**, with a systemic, solution-focused approach.

PROFESSIONAL EXPERIENCE

Independent Practice | Germany

Trainer, Coach & Consultant

- Leadership development and personal development programmes
- Solution-focused coaching for managers and specialists
- Design and implementation of HR strategies and tools
- Working internationally in English and German

DIE TRAINER Unternehmensberatungs GmbH | Germany

Senior Trainer & Consultant

- Management consultancy, training and consulting assignments

debitel AG | Germany

Strategic & Operative HR Development

- Design and implementation of HR development instruments

BfG Bank AG | Germany

Customer Service

- Client service in retail banking

EDUCATION

Master of Business Administration (MBA)

Michigan State University, United States

Bachelor in General Business Administration

Germany

ADDITIONAL QUALIFICATIONS

- Certified Systemic Business Coach (SBC) · Munich Academy for Business Coaching
- Certified Trainer · Team Management System (TMS), TMS Centre Germany
- Client-Centric Communication · Carl Rogers
- Zürcher Ressourcen Modell (ZRM®)
- E-Coaching
- MBSR — Mindfulness-Based Stress Reduction

SELECTED CLIENTS

BASF

Hannover Re

IKEA

PUMA SE

WORKING LANGUAGES

German

Mother tongue

English

Fluent