



# Heidi Sonja Ross

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- Training
- Coaching
- Moderation
- Mediation



## Heidi Sonja Ross

**Trainer, Moderator, Mediator & Coach since 2001**

Married, 1 + 3 “bonus”-daughters



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### Education and Certifications

(most relevant ones, continuous further education)

- 1st & 2nd state examinations as a high school teacher (summa cum laude)
- NLP "Teacher" Trainer (NLP-Lehrtrainerin), German Association for NLP (DVNLP)
- Systemic Coach
- Moderator
- Mediator (internationally certified)

### Languages

German (native language)

English (fluent; CEF Level C1+)

French (good)

### Focus

**leadership development, team building, mindfulness, conflicts, presentation,  
(difficult) communication & stress management**

### Current Topics – an Overview

- Leadership Trainings
- Presenting successfully
- Personal awareness & (inner) self management
- Team building and -mediation
- Successful communication
- Creative problem solving
- Life work balance, burnout prevention, awareness
- Dealing openly with anxiety
- Consultation training
- Business coaching (individual and in groups)
- Constructive conflict resolution
- Coaching and supervision
- Conception and execution of customized trainings
- Moderation and scheduling of business events and conferences, also big groups
- Keynote speaking



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### **My Professional Commitment**

My distinct ability to get into meaningful contact to people and my willingness to truly listen and watch have been the cornerstone of my personal and professional development. These form until today the foundation of my success in working with people.

I have many years of experience in dealing with different kinds of people in different contexts and from various positions within a company; I can count on my ingenuity.

Participants of my seminars, colleagues and friends esteem my ability to inspire others, my zest for innovations, my thoughtfulness and my high degree of awareness. My coaching-clients also value me as sparring partner.

I like challenges and I'm led by the belief that the power of "purpose + mind + will" is much more potent than anything else. That everything can succeed as long as it brings joy and gratification and that there is no unsolvable problem.

### **About my Work**

The personality of the participants is at the center of my operations as well as the development of their competencies and their growth. My approach is orientated towards resources and based on the principle of self-responsibility as the presupposition for change, growth and motivation.

Every person learns differently and my trainings include multi-sensory, varied presentations, activities and exercises so that every type of learner will benefit.

### **References (most relevant)**

CENIDE, Daimler AG, Derichebourg, DJV, Deutsche Telekom AG, Denkerwerk, DIFU, Dimension Data, Dyckerhoff, E.ON, Euregio, Federal Mogul, hagebau, Henkel AG, Human Network, KCA, koelnmesse GmbH, Open Grid Europe, Rheingold, SES Astra, Shell, Stiftung Partner für Schule, SWR, Technische Akademie Wuppertal, Trilux, Unilever, Uniper SE, United Nations OCHA, WDR, WIFI, ZAM and a choice of municipalities.

