



MAILENSTEINE

PSYCHOLOGISCHE BERATUNG

WORKSHOPS & EVENTS



Ursula Maile
Trainer/Coach

13 April 1964

Organisational Psychologist,
Holder of MAILENSTEINE

www.mailensteine.de

This is MAILENSTEINE

We have the pleasant task to strengthen you - to stay fit for all aspects of change in professional life.

Our workshops are fun and always focused on transfer into everyday life. You may expect vibrant methods and creative media.

Skills & Competences

At MAILENSTEINE we are fit to develop and perform a wide range of workshops. Our topics include:

- Change Management
- Conflict Management
- Creativity and Innovation
- Leading Skills
- Mindfulness
- Self-Marketing
- Train-the-Trainer
- Work-Life-Balance & Health Management



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Ursula Maile - Education & Qualification

Starting in 2014	Certification "ZRM©-Coach": Dr. Maja Storch, Institut für Selbstmanagement und Motivation, Zurich
2013	"Zurich Resource Management" (ZRM©), Self-Management-Tool: Uwe Hildebrandt Coaching, Cologne
2011-1012	„Mindfulness in Psychotherapy and Coaching“: Institut für Achtsamkeit und Stressbewältigung, Bedburg
2009	"Mindfulness-Based-Stress-Reduction" (MBSR): Institut für Achtsamkeit und Stressbewältigung, Bedburg
2008	Accreditation "Team Management Systems": TMS Zentrum, Freiburg
2008	Certification "Trainer for Relaxation Methods": Yoga Vidya Seminarzentrum, Westerwald
2007	"Resource-Oriented Coaching": Deutsche Psychologenakademie / Institut Systeme Anne M. Lang, Bonn
2002 - 2003:	"Systemic Coaching": Institut für systemische Beratung, Wiesloch
2002:	"eDACTIC" Trainer Certification: Lufthansa School of Business, Cologne
1999 - 2003:	Study of Psychology: Universität zu Köln, Cologne Focus industrial/organisational psychology graduation. Diplom-Psychologin (equivalent of master degree)
1992:	"Facilitation Skills": Metaplan, Quickborn
1986 - 1987:	Study of English language in Australia and USA
1984 - 1986:	Professional education: Advertising agency Troost Campbell-Ewald, Dusseldorf Management assistant in advertising with IHK degree

Please do not hesitate to contact us:

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Psychologische Beratung, Workshops & Events

Office address Solinger Straße 31
40764 Langenfeld, Germany

Mail address ursula.maile@mailensteine.de

+ 49 - 2173 - 25 09 42

+ 49 - 171- 44 33 498