

one hour to talk

Helping people win

Meet our team

Strong support from our top-notch team of experts

Our team combines scientific excellence with deep psychological precision. Trained at a world-class level, internally certified and with a proven track record of driving measurable change in leadership, culture, and transformation. We are psychological sparring partners with a systemic view – for those who want more than surface-level fixes. We support change where it matters most: deep within. In mindsets. In relationships. In decisions.
In interdisciplinary projects, we selectively collaborate with outstanding partners – where it adds real impact.



QUALIFIKATION

- Master (MSc.) in Sport Psychology, Business School Berlin Potsdam.
- Bachelor (BSc.) in Psychology, Medical School Berlin.
- Training in Clinical Psychology, University of Potsdam.
- Master Traineirn Soul Rebel Coaching
- Certified Coach



ANN-KATHRIN – CLEAR HEADED. HONESTLY. TURNED TOWARDS. AND ALWAYS BY YOUR SIDE

Ann Kathrin's coaching is not a textbook recipe, but a joint process: individual, true-to-life and supported by real connection. She doesn't just listen; she wants to understand what it feels like to be you. With her positive attitude and as a sports psychologist, she recognizes opportunities even where others only see problem areas

What sets them apart: empathy, genuine openness and the ability to create a space in which you can show yourself as you are. It accompanies, you create, but you never go alone.

Her style? Value-free, curious, at eye level - and always ready to enter even the uncomfortable topics with you, where the greatest treasures are often hidden.

Ann-Kathrin sets in motion – what wants to show itself.

QUALIFIKATION

- Master (MSc.) in Work and Organizational Psychology
- Bachelor (BASc.) of Applied Science in Psychology.
- Systemic Coach and Trainer (ECA-licensed)
- Certified Coach University of Groningen
- Solution- Behavioral and Mindfulness Coaching Expert



ALINA – MENTAL POWER MEETS MINDFULNESS. THE INSPIRER OF YOUR POSSIBILITIES

Hardly anyone else manages to solve mental blocks, master challenges and achieve goals with a clear focus. She believes in the power of thinking and that everyone can learn to direct their thoughts in order to consciously shape their lives. Her coaching sessions are as structured as they are guided by a strong intuition, always approachable, lively and holistic.
Her style: authentic, clear and full of energy. Alina inspires, strengthens and sets change in motion.
What distinguishes them? A motivating spirit, cultural openness, a keen sense of thought patterns and the ability to turn insight into empowerment

Anyone who works with Alina immediately feels: Here, development is an invitation, one's own potential to rediscover.

QUALIFIKATION

- Master's degree (MSc.) in Psychology (degree cum laude).
- Bachelor (BSc.) in Psychology (degree cum laude).
- Master Degree (M.A) in Comparative Studies, English Studies, Applied Cultural Studies.
- State-approved psychological psychotherapist for Psychoanalysis and analytical psychotherapy



CHRISTIANE – THE SPACE GIVER. PROFOUND. HUMOROUS. FEARLESSLY HUMAN

Christiane combines psychoanalytic depth with real humanity. As a coach with analytical acumen and a clear eye for inner dynamics, she accompanies people through change to unimagined potential - sensitively, directly and always at eye level.
It makes the invisible visible: feelings, inner conflicts, slowing down patterns. Working with her, you feel understood, accepted and deeply invited to develop further.
Her style: understanding, approachable, analytically precise. She makes herself available as a thinking counterpart - and as a compassionate supporter at your side.

Anyone who works with Christiane quickly knows I can be real here. And this is where I will grow.

QUALIFIKATION

- Certified Systemic Team Developer, Team Coach and Business Coach
- 5 years as an independent entrepreneur as a career developer for professional football players
- 12 years as a self-employed entrepreneur as a leadership coach and team developer
- Over 20 years of professional experience in various functions in business, the construction industry and the professional football business



CHRISTOPH – THE TEAM DEVELOPER. CLEAR VIEW. SUCCESS ARCHITECT FOR COLLABORATION.

Christoph is a passionate team and organizational developer with over 20 years of professional experience in business, construction and professional sports. As a leadership coach, career developer and sparring partner at eye level, he brings what strong teams need today: clarity, energy and a sense of what really welds a team together.
Through his versatile experience, he creates spaces in which development becomes not only possible, but inevitable. He thinks "out of the box", brings structure, motivation and hands-on mentality to every group.
What distinguishes him? Solution orientation, strategic thinking and success to give a repeatable structure.

Christoph's credo: You become strong through your own strength. But even more so through the strengths of your teammates.

Certified Controller, Internal Auditor ISU
Psychological Consultant, Provocative System Work
Systemic Coach, Re-Teaming Coach, Business Coach

QUALIFIKATION

- Master in Executive Management.
- Associate Degree in Management & Business Administration (LTU California)
- Certified Controller, Internal Auditor ISU
- Psychological Consultant, Leadership Coach and Provocative System Work
- Systemic Coach, Re-Teaming Coach, Business Coach



CHRISTOPH – THE REFINER IN THE SYSTEM. COACH WITH VISION AND DEPTH

Anyone who works with Christoph encounters a coach who gets to the heart of things with clarity, inner peace and extraordinary powers of observation; systemic, holistic, sustainable. He thinks in development spaces, listens between the lines and accompanies people in coming out of inner clarity into their full effect.
His attitude: Every person is a diamond in the rough. What is needed is not more pressure, but more awareness of what is already there. For him, development does not mean optimization, but refinement.
His motto: "The feeling: It's possible – it's sustainably effective.“

Christoph brings awareness instead of pressure. And that's exactly where the power lies.

QUALIFIKATION

- Master's degree in psychology.
- Certified Teaching Trainer ÖVNLP
- The expert for Mindset and personality development
- Resonance Coach and Master Trainer (Institute Kutschera, Vienna)
- Executive Coach and Management Consultant
- Resonance coach for systemic constellation work and hypnosis
- Passionate podcaster ("Good Stuff")



DORIS – OUR RESONANCE GENERATOR FOR REAL LEADERSHIP

It brings with it what leadership is all about today: attitude. Presence. Humanity, coupled with decades of coaching experience, which you notice immediately. As a master's psychologist, experienced leadership coach and systemic resonance professional, she combines the latest findings in brain research with clear, empathetic language. As a mother of three children in top-class sports, she knows from her own experience how healthy performance is created and what it takes to live it day by day.
Her approach: courage to tell the truth. Room for development.
Her credo: Attitude works – always.
Your podcast: Good stuff: very worth listening to

Some voices carry further than others. Hers is one of them.

QUALIFICATION

- Ph.D., Counseling/Organizational Psychologist, University of North Texas
- M.Ed., Counseling, Psychology, University of North Texas
- B.A., Organizational Psychology & Communications (double major), Purdue University
- Certified in Hogan, Harver, CPI, MBTI, Leadership Temperament Index, Watson Glaser and more.



GINNY – THE PERFORMANCE ARCHITECT. BUILDING LEADERS WHO MOVE THE WORLD

With over 30 years of experience as an Organizational Psychologist, Ginny helps companies build remarkable executives who achieve extraordinary results. Her unique expertise lies in the psychology of career performance – turning potential into measurable impact. From executive coaching to leader assimilation to succession planning, Ginny crafts tailored strategies that are robust, evidence-based and profoundly human-centered.

What sets her apart: Ginny aligns business imperatives with professional development and transformation. Combining her strategic business acumen and advanced psychological insight, she activates leaders to rethink, realign, reinvent and revolutionize.

Her approach? Analytical, exploratory, customized and personalized, outcome driven.

Ginny doesn't just coach executives – she designs the systems that make them thrive.

QUALIFIKATION

- Executive Coach of INSEAD Business School
- Master in Marketing & Sales (Vienna University of Applied Sciences of the WKO)
- More than 20 years of management experience in international corporations
- Diploma at the Diplomatic Academy of Vienna
- Resonance Practitioner (Institut Kutschera Vienna)
- Certified nutrition trainer (Vitalakademie)
- Author of the book »The Queendom Within | Female Empowerment Book«

HEIDI – FEMALE LEADERSHIP FROM THE CENTER. POWERFUL. SURE. UNCOMPROMISINGLY GENUINE

As an international executive with over 20 years of experience in corporations, Heidi knows first-hand the reality of challenging leadership roles. She knows what it takes to remain effective under pressure and brings leadership back into balance.
Heidi creates spaces for reflection and new perspectives. She thinks in contexts and coaches on all levels: mental, emotional, physical.
Her style: clear, strengthening, intuitive.
What distinguishes them? Corporate sharpness meets empathy. Deep experience meets fine intuition.

Those who work with it not only find new paths, but also new strength to walk them.



QUALIFICATIONS

- Doctorate (PhD), thesis on attachment in high-performance sports teams
- Master's Degree in Sports Science
- Chief High Performance Consultant
- Licensed Management Consultant and Business Coach (regulated trade under Austrian Trade Act, § 94 no. 74 GewO)
- Certified Mental Coach (2-year postgraduate degree)
- Multiple postgraduate certifications



CHRISTIAN. YOUR GUIDE TO ACHIEVING YOUR WILDEST DREAMS

He brings 30 years of experience working with top executives and Olympic champions. He knows how peak mental performance is created: in the mind, in the system and in the heart. With a doctorate, a coaching certification, a management consulting license and many years as high performance coach to numerous Olympic champions, he combines scientific depth with strategic clarity.
His playing field: leadership, play-to-win cultures, high performance culture and healthy peak performance.
His claim: leadership that works and inspires. As co-founder and co-CEO, Christian leads sales and revenue, shapes the strategic concept and drives product development.

Christian brings the DNA of success to business. Refreshingly clear.

QUALIFIKATION

- Master of Science in Psychology
- Certified coach with a focus on mindfulness, leadership and mental health
- Trained yoga teacher
- Workshop host, author and initiator of Mental health and Self-Leadership



JULIANE – THE GENTLE POWER FOR MENTAL CLARITY AND SELF-DETERMINED LIFE

Juliane creates spaces in which people meet themselves - real, unadorned and full of possibilities. She combines psychological know-how with mindfulness-based depth and a fine intuition for what is needed at the moment.
Your coaching philosopher: A life-affirming mixture of compassion and loving challenge. She doesn't just listen, she sees. And helps our customers to recognize themselves in a new way. Without judgement, but with direction.
Her style: gentle, but not arbitrary. Clear, but not cool. Challenging, but always at eye level.
What distinguishes them? A deep, unbiased curiosity for the other person. A value-free space for self-encounter.

Juliane recognizes what holds people – and what liberates them.

QUALIFICATION

- Master's Degree, Labor and Industrial Relations, Indiana University of Pennsylvania
- Leadership Coaching Strategies, Harvard Division of Business Education
- Neuroscience for Leadership, Sloan/MIT Executive Education
- Certified Executive Coach, ICF and EMCC
- Certified in LEA360 Leadership Effectiveness Analysis and Genos Emotional Intelligence assessments



KIMM – THE STRATEGIC CONFIDANT AND EXECUTIVE ADVISOR DRIVING PRESENCE, CONNECTION AND ELEVATED PERSPECTIVES

With decades of global executive experience, Kimm has been shaped by the triumphs and trials that forge successful leaders. Guided by a servant leader's heart, he goes beyond advising; he listens deeply and partners with leaders at every stage to create spaces for clarity, honest dialogue, and getting to the places where real transformation happens.

What sets him apart: Having held leadership posts while also providing critical behind-the-scenes support, Kimm knows well the complexities senior leaders face during pivotal transitions. He helps executives navigate the pressures and isolation that often stall performance - turning these challenges into renewed clarity, courage, and higher impact

His style? Advisory. Pragmatic. Candid. Kimm meets leaders where they are, reframing moments of uncertainty and self-doubt into opportunities for insight, growth, and transcending limiting beliefs and behaviors.

Kimm empowers leaders to see themselves fully and expand their impact and influence authentically.

QUALIFIKATION

- Master Degree (M.A) in Leadership & Organizational Theory
- Bachelor in Psychology (University of Groningen)
- Systemic Consultant and Coach
- Certified Coach University of Groningen
- Communication Trainer & certified e-trainer



JUDITH – THE STRUCTURE GIVER. DEEP IN THE ANALYSIS. STRONG IN IMPLEMENTATION

Judith brings clarity to complex topics and depth to personal processes. As a systemic counsellor with a core psychological competence, she works with a trained eye for contexts – family, cultural, professional. It analyzes precisely, recognizes resources extremely quickly and helps to grow from the comfort zone into real personal responsibility.
What distinguishes them? Analytical precision. High psychological competence. A calm ability to confront and absolute reliability in implementation.
Her style: deeply effective. Their questions hit the heart of the matter and make it possible to recognize slowing patterns and open up new scope for action.

Those who work with it not only find new paths, but also new strength to walk them.

QUALIFIKATION

- Master's Degree in Sport Psychology
- Master in Management
- Certified Emergency Psychologist and Certified Coach
- Commercial training with practical experience in a wide variety of companies / areas
- Team psychologist and Sr. Lead Sport Psychologist at 1. FC Union Berlin and Hamburg Towers, among others
- Contract lecturer at the University of Europe (UE) for Applied Science, Berlin
- Author of the books: "Curse or Blessing? - Life with a gifted child" and "Blind Date Sports Psychology"

RENATE – THE NET WEAVER AT TOP TIER LEVEL

She is the woman behind the mental backbone of the 1st FC Union Berlin (1st German Football Bundesliga) and the Hamburg Towers (1st German Basketball Bundesliga) and understands like no other how to program teams for success.
With two master's degrees, coaching excellence and emergency psychology in her luggage, she takes unconventional paths, asks the right questions and hits the nerve. No matter what the problem is, Renate always brings you to your own solution.
Her superpower: access. Draught. effect.
Their motto: No success without emotion – no team without trust.

Renate not only brings you forward, but also always back to yourself.



QUALIFIKATION

- Master (MSc.) in Psychology.
- Training in positive psychology.
- Certified Coach University of Groningen
- Yoga & Mindfulness teacher.
- Trainer for Breathwork & Breath Therapist



HELENA – THE DEEP WORKER. WITH CALM, AWARENESS AND THE POWER OF TRUE CONNECTION

Helena accompanies people to where change really begins: into body awareness, into feeling and into the quiet space behind thoughts. As a psychologist, certified coach and yoga & breathwork trainer, she combines precise reflection with grounded spirituality. Her coaching style is deep, trusting and never on the surface.
She listens carefully, feels between the words and asks questions that do not evade, but move potential.
Her attitude: Everything you need is already within you.
Her style: deep calm. Clear presence. And a psychological-spiritual approach that strengthens people without pushing them.

Helena gives everyone the confidence that even the incomprehensible is already inherent in you.

QUALIFICATION

- Master of Science in Environmental Psychology
- Masters in Philosophy of a Specific Discipline (Focus: Psychology)
- Bachelor of Science in Psychology, University of Groningen
- Certified Coach University of Groningen
- Certified Yoga and Meditation Teacher (+ 10 yrs. Experience)



RUBEN – YOUR TRUSTED GUIDE FOR CONSCIOUS GROWTH AND INNER CLARITY

Ruben creates spaces where people can reconnect with themselves – openly, honestly, and without judgment. His coaching blends psychological insight with intuitive presence, empowering clients to face challenges, explore their values, and move forward with clarity

What makes him special: Ruben helps uncover and shift limiting beliefs. People working with Ruben gain clarity not just about what they want to change, but about who they truly want to be.

His approach? Mindfulness is a core element of his work. Whether through breathwork, meditation, or somatic awareness, Ruben invites people to slow down and reconnect with what matters most – physically, emotionally, and mentally.

Working with Ruben doesn't just move you forward – it brings you home to yourself.

QUALIFIKATION

- Certified Systemic Team Developer & Team Coach
- Future Certified Coach (ICF)and Leadership Coach
- Over 10 years of management experience in the upscale international hotel industry
- Future Core Coach
- Self-employed coach & team developer for 10 years



TINA – DEVELOPER OF POTENTIAL. ENABLER OF DEPTH. COACH WITH HEART AND ATTITUDE.

With over 20 years of experience in various industries, Tina stands for clear thinking, creative impulses and profound development.
Her leadership experience is reflected in excellent knowledge of human nature, a keen sense of dynamics and the ability to always hit the core of the transformation with the right questions.
As a mother of three children, she lives what she conveys: a deep trust in life
and a compass of curiosity and creative energy.

Because where Tina is, movement comes into play. And what moves them really moves.

QUALIFIKATION

- Master in Sport Psychology and Business Psychology (Business School Berlin)
- Bachelor in Psychology (University of Twente, Enschede, Netherlands)
- Certified AI Manager and AI Officer (HC)
- Licensed Sex Therapist (Sexocorporel) and Relationship Coach (EA)
- Degree: summa cum laude



WHEN TOP PERFORMANCE MEETS REAL HUMANITY HANNAH IS NOT FAR AWAY

Hannah is no ordinary psychologist. She is the voice in the head of a world champion when it counts. The sparring partner for executives when things get uncomfortable. The companion for couples when words are missing.
With an excellent background in psychology, sports and organizational psychology, and specializations in sex therapy, relationship psychology and coaching, she is a master of emotional clarity and mental strength. As a sports psychologist for two European first division football clubs and the "Sportswoman of the Year 2023", she also gets along well with both men and women.
As a >Co-founder, Hannah is the strategic mastermind when it comes to business strategy, corporate orientation, finance and coaching philosophy.

Hannah moves and leads – quietly, but strongly and noticeably.

QUALIFICATION

- MBA, Organizational Management, Canyon College
- BA, Computer Information Systems, Walsh College
- Professional Certified Coach (PCC), ICF
- PSYCH-K® Facilitator.
- Certified Master Facilitator, Genos Emotional Intelligence Practioner and multiple assessments including Profiles International, PXT Select, Leadership Circle, and more.



STACEY – THE COACH YOU WANT WHEN IT'S TIME TO GROW INTO WHO YOU REALLY ARE

Stacey brings the clarity of a former tech executive and the presence of a true coach. She knows how to navigate complexity, align strategy with people and now uses that experience to help others grow with purpose. In every coaching conversation, she listens deeply, honors the whole person and offers sharp insight that helps clients see patterns, shift perspectives and lead from their authentic core.

What sets her apart: She challenges with kindness, guides with insight, and brings decades of senior leadership experience to every coaching partnership.
Her style? Stacey creates a space where growth feels possible and real progress begins.

Stacey helps others grow into who they already are and go further than they ever thought possible.

Our Mission

We’ve developed people into Olympic Champions.
Now we bring that same winner’s DNA into your organization.

We know companies do not fail because of the market; they fail because of themselves.

That’s why we turn **leaders** into individuals who radiate clarity, even in the storm.
We build **teams** that don’t just work side by side but fight for one another and deliver real results. And we shape **cultures** that can carry change and stay strong under pressure.

Because when people aren’t allowed to win, they lose themselves.

HELPING PEOPLE WIN means identifying the invisible brakes and realigning your systems so that performance becomes natural again. And success is no longer a matter of chance.



one hour to talk



We solve the decisive human challenges inside organizations-
With psychological excellence, Olympic gold-medalist DNA and measurable systems that unlock performance.