



MENTALTRAINING ANKE SCHIFFLER
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My Goal

Mental training should

- _ strenghten your personality
- _ stabilize your trust in your own abilities
- _ allow you to discover the individual possibilities of your life and to make use of them

My Qualification

21 years of professional experience in commerce and in the handling of leadership, motivation, mediation and controlling.

Continuing professional training for employees/executive staff (internal training departments)

Workshops/tutorials in rhetoric (Dagmar Kohlmann-Scherer and Thomas Koschwitz), leadership, Transactional Analysis, Leading through changes, Word, Excel, Power Point, Mind Map, company specific IT user trainings, English.

Mental trainer education at the Frank Wilde Training Academy

Professional Education

1984 – 1986 Trained Retail Saleswoman

2004 Mental Trainer

Autodidactic training via Internet and print media regarding mental training, futurology, science, society, education etc. (see booklist)

Relevant Professional Experience

1986 – 1988 Textile retail sales (as a freelancer)

1988 – 1990 Branch Manager, textile retail sales (3 subsidiaries)

1990 – 1996 Metro C&C Markets 6 years of internal training, graduation: Plant Manager

1996 – 2004 Globus GmbH 8 years of internal training, graduation: Divisional Manager

2004 Training and 12 workshops; „Pay attention to your thoughts“ – Frank Wilde

07/05 Mental Training at Hamburg Mannheimer, Krefeld

08/05 Public Training at Bergisch Gladbach

09/05 Mental Training for the Mazda Trader's Association, Saarland and Rhineland-Palatinate

10/05 Personal Training of the Divisional Manager, Biomasse Kraftwerk, (power plant), Kaiserslautern

10/05 Casting as a Trainer at Tresor TV; Germany's Next Supermodel by Heidi Klum

10/05 Stand and speech at the „Grenzenlos“ Fair, Saarbrücken

11/05 Mental Training, Biomasse Kraftwerk (power plant), Kaiserslautern

11/05 Public Training at Landstuhl, Rhineland-Palatinate