



ABOUT ME

I support people and organizations in gaining clarity during times of change, further developing their behavior, and adopting new perspectives.

As an experienced leader with more than 15 years of professional experience across various industries, I know the practical challenges of leadership firsthand – and combine this knowledge with a systemic perspective, empathy, and structure.

My aspiration: training programs that inspire, challenge, and truly make an impact in everyday leadership practice.

Sabine Wirth

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Training & Beratung

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PROFESSIONAL BACKGROUND (SELECTION)

Over more than 15 years of professional experience, I have gained insights into leadership, consulting, and organizational development from various perspectives – in start-ups, SMEs, and non-profit organizations.

- Managing Director Marketing & Direct Sales, HYGITECH SAS, Paris
- Head of International Marketing & Sales, GACD / HYGITECH SAS, Paris
- Head of Sales SaaS, dimedis GmbH, Cologne
- Organizational Development Specialist & Controller, Lebenshilfe Rhein-Sieg e.V., Troisdorf
- Leadership Trainer, Pro Management AG, Cologne

METHODS & CERTIFICATIONS

I combine structured methods with intuition, empathy, and a clear focus on impact and practical applicability. Depending on objectives and context, I work with, among others:

- LIFO® – Life Orientations for personality and behavioral diagnostics
- NLP techniques for mindset work and behavioral change
- Agile methods such as Kanban to create structure in change processes
- IREB (CPRE) for systematic thinking and structured communication of requirements
- Elements of business mediation for constructive conflict resolution
- Intercultural approaches to foster openness and understanding in diverse teams

WHAT SETS ME APART

- High level of empathy & strong people skills
- Ability to build trust quickly
- Clear structure & goal-oriented didactics
- Empathetic yet challenging approach
- Broad professional experience, leadership practice & methodological diversity
- Intercultural competence & multilingualism
- Training programs that create real impact – not just inspiration





SERVICES

- Leadership training & development of emerging leaders
- Behavior & communication in business
- Personality development & mindset work
- Strategies for change processes
- Intercultural collaboration & international teams
- Conflict management & business mediation
- Assessment center training & career coaching

... with leadership experience, a systemic perspective, and a broad methodological toolkit – for training programs that truly work.

LANGUAGES & TARGET GROUPS

Languages:

German, English, French

Target groups:

Leaders at all levels, teams, high potentials, organizations undergoing change

FORMATS

- In-person training & workshops
- Online training (Zoom, MS Teams)
- Individual coaching & team coaching
- Consulting on leadership, communication & change

EDUCATION

- Degree in Business Administration & Economics, University of Cologne
- Certified Intercultural Trainer, interculture e.V. & University of Jena
- Business Mediator, ILS
- Certified LIFO® Trainer (Life Orientations)

