



# MAILENSTEINE

MANAGEMENT TRAINING & BERATUNG PERSONAL COACHING



**Ursula Maile**  
Trainer/Coach

13 April 1964

Organisational psychologist,  
Holder of MAILENSTEINE

[www.mailensteine.de](http://www.mailensteine.de)

## **This is MAILENSTEINE**

We have the pleasant task to strengthen you - to stay fit for all change processes in professional and private life.  
Our trainings and 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 training measures. Our topics include:

- Change Management
- Communication/Rhetoric and presentation techniques
- Conflict management
- Creativity and Innovation
- Leading skills
- Negotiation Skills
- Self-marketing
- Time- and self-management
- Train-the-trainer
- Work-life-balance & Health management



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We also offer

- Workshop facilitation
- Event facilitation
- Individual coaching

Please ask for our **Team Management Systems** tool for individual coaching and professional team workshops.



MAILENSTEINE attaches great importance to the collaboration and exchange with professional network partners.

## Ursula Maile - Professional Experience

|              |   |
|--------------|---|
| Since 2002   | Holder of MAILENSTEINE Management Training & Beratung, Personal Coaching, Langenfeld                                  |
| 2000 – 2003: | Online coach and freelance trainer<br>Lufthansa School of Business, Cologne   |
| 1988 – 2003: | Flight attendant, 10 years as chief purser, trainer/coach for employee training<br>Air Berlin, former LTU, Dusseldorf |
| 1992 – 1995: | Freelance facilitator, focus pharmacy-marketing<br>Schwarz Pharma AG, Monheim   |
| 1986:        | Accountant<br>Advertising agency Troost Campbell-Ewald, Dusseldorf  |



## Ursula Maile – Publication

“Erfolgreich klüngeln im neuen Job”, April 2010

Are you fit for your new job?  
The power of networking helps to get support right away, overcome obstacles and discover the new company or department culture.



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## **Ursula Maile - Education & Qualification**

- 2009 Qualification in Mindfulness-Based-Stress-Reduction (MBSR):  
Institut für Achtsamkeit und Stressbewältigung, Bedburg
- 2008 Qualification in using Team Management Systeme:  
TMS Zentrum, Freiburg
- 2008 Qualification as a trainer for relaxation methods:  
Yoga Vidya Seminarzentrum, Westerwald  
Body Scan, Progressive Muscle Relaxation, Yoga Nidra,  
Autogenic Training
- 2007 Start of resource-oriented coaching education (will be finished in 2009):  
Deutsche Psychologenakademie / Institut Systeme Anne M. Lang, Bonn
- 2002 – 2003: Systemic coaching education:  
Institut für systemische Beratung, Wiesloch  
Main emphasis on organisational/human resources development
- 2002: eDACTIC Trainer's education:  
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 training:  
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:

**MAILENSTEINE**

**Training, Coaching, Workshops & Events**

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