



## **LILITH GRIESSLER**

Master's Degree in International Economics,  
University of Economics Vienna, Austria

### **Specialist trainings and skills**

- Management coaching (Vienna Training Academy, Jelinek & Partner, Vienna, Austria)
- Mediation (i.b.o., Institut for Consulting and Organisation, Steyer, Austria)
- Systemic organisational and personnel development (Institute for Systemic Professionalism, ISBW, Wiesloch, Germany)
- Body and family therapy (Malte Mueller-Egloff, Society for Systemic Therapy und Body-integrated Psychotherapy, Munich/ Frank Moosmueller, Institut for Core-Psycho-Somatic, Munich, Germany)
- Solution-focused, systemic structural and organisational posing (Prof. Dr. Matthias Varga v. Kibed / Insa Sparrer, Vitznaun, Switzerland)
- Systemic- and family posing (Dr. Ursula Franke, Marianne Franke-Gricksch, Munich, Germany)
- Practising ZEN-meditation since 2000

### **Key subjects**

- Personality development and conflict resolution

### **Training and coaching**

- Personality development programmes
- Executive coaching
- Personal coaching
- Core discovery process
- Mediation

### **Working languages**

- German

### **Work experience**

- More than 17 years experience in the international banking business with a major German bank; 8 years in middle management and 3 years in Paris
- More than 18 years experience as a consultant, trainer, mediator and coach in Germany, Austria, Luxembourg and Italy; 2 years as instructor for coaching at the „Centre for wholistic personality development“ Christopher Ofenstein, Munich, Germany