

Trainer Profile

Sibylle Jäger



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Degree in Business Administration; Swiss Federal Certificate in Training

Core competencies and specializations

Training and coaching in the fields of effective working and presentations skills.

Professional experience

Trainer and Coach, www.sibylle-jaeger.ch

2000 – present

Consultancy services, coachings and training seminars.

Effective working: eg. Time Management incl. Outlook, Speed Reading Techniques.

Presentations incl. PowerPoint, Stressmanagement.

MS Office: Word, Excel, PowerPoint, Outlook

Experience in various positions in Advertising, Marketing and Human Resources

1986 – 2000

Education

University of Applied Sciences Northwestern Switzerland – Olten – Master of Advanced Studies in Coaching

2009 - 2011

Schweizerisches Zentrum für Stressforschung (Swiss Institute for Stress Research) – Zürich/Meggen – Certified Stress Regulation Trainer SZS

2006 – 2007

State Secretariat for Education, Research and Innovation SERI – Bern / Swiss Federation for Adult Learning SVEB/FSEA – Zurich – Swiss Federal PET Diploma for Adult Trainers

2000 – 2004

Courses within ABB

CHW049 Time Management and Working Techniques – Work more efficiently and effectively

Course languages

German, English

