

Katrin Ostermeier - CV

Business Coach, Mediator, Facilitator & Organisational Developer (since 2014)

Founder & Managing Director of KAOS GmbH (since 2019)

Professional Experience

- **European Parliament** (Brussels)
Parliamentary Assistant (2004-2007)
- **Aviva Investors** (London) Business
Development Director (2007-2011)
- **Messe München** (Munich) Sales
Manager (2011-2013)

Certified Programmes (> 1 Jahr)

- **Business Coaching & Business Moderation** EuroFH
University of Applied Science Hamburg (2012—2014)
- **Systemic Organisational Development**
Trigon Lucerne (2018/2019)
- **Generative Coaching**
Stephen Giligan & Robert Dilts
NLP School London (2018/2019)
- **Mediation and Conflict Management in Organisations**
Trigon Munich (2023/2024)



KAOS

Academic Education

- **M.A. Political Science, European Law & Modern History**
Ludwig Maximilian University of Munich (1999-2004)
- **M.A. Business Coaching & Change Management**
EuroFH - University of Applied Science Hamburg
(2012—2014)

Training Courses (selection)

- **Person-centred Counselling & Focusing** (GwG 2015)
- **Systemic Consulting & Organisational Development with Trigon and Syst** (Metaforum 2016)
- **Systemic Constellation Work** (Insa Sparrer / Matthias Varga von Kibéd 2017)
- **Systemic Trance Work** (Stephen Giligan 2017)
- **Creative Grief Work** (Metaforum 2017)
- **Agile Organisational Development** (isb 2018)
- **Hypnosystemic Know-How for agile Organisations** (Metaforum 2018)

...even more about me...

contact

Who I work with (examples)

- **Established companies**
ADAC, Airbus, Allianz, Korian, Novartis
- **Young companies / Start Ups & Scale Ups**
accu:rate, Advitos, enna systems, Qplix,
IEA international Trading, UNIO Enterprise, Wayra
- **Social companies / public sector**
German Red Cross, Internationaler Bund,
Kliniken des Bezirks Oberbayern, Polizeipräsidium
München, Bayerischer Journalistenverband

Personal

- A **Munich native** (born in 1980), who, after looking far beyond the horizon, has rediscovered a love for home.
- I love the **mountains** (hiking), the **forest** and the **water** (swimming and stand-up paddling)
- A passionate **reader** and **traveller**.
- **Yin Yoga** enthusiast.
- I live with my partner and his two children in the beautiful **Munich Au** neighbourhood.

What I love about my work

- Discovering opportunities within chaos.
- Unlocking surprising solutions in complex and challenging situations.
- Guiding groups and teams to shift perspectives and discover shared paths from different attitudes and viewpoints
- Creating, holding, and nurturing spaces
- Blending lightness with depth

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