

Susanne Schlenker - Bio

Coaching | Training | Mindfulness

Business and Leadership Coach
Resilience and Mindfulness Trainer,
Grief Counselor and Hospice Volunteer



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Biography

Susanne Schlenker is an experienced leadership, business coach and mindfulness trainer specializing in supporting managers, teams and professionals in developing self-awareness and self-mastery allowing them to show grace under pressure in stressful leadership, career or personal situations.

She developed her own [Corporate Mindfulness Program](#) to facilitate human-centered leadership focusing on creating an environment where people can grow, develop and become their best selves and to support teams in building resilience.

Before founding Schlenker Impulse she worked in various positions at SAP, a leading German international software corporation, and led a team of technical writers and translators and worked as a project and solution manager for the Industry Solution for Utilities. In addition to her career at SAP, she was trained as a certified coach and did her further coaching and organizational development qualification at the Milton Erickson Institute in Heidelberg with Dr. Gunther Schmidt. At SAP, she also worked as an internal senior business coach and as a mindfulness trainer.

Serving as a hospice volunteer and grief counselor she supports clients and loved ones on their journey through life-limiting illness and bereavement.

She was born and grew up in the United States and now lives near Heidelberg in Germany. She is happily married in second marriage and has two grown-up daughters.

Coaching Style

Everything happens for a reason. Sometimes we need a new perspective to realize what it is good for.

I truly believe that every person is unique and equipped with everything he or she needs to lead a meaningful life. However, sometimes and especially in crisis situations, we often have a hard time accessing our resources. That is where I see my contribution, in helping people reactivate their potential.

I use findings of neuroscience and work with embodiment, mindfulness as well as the hypnosystemic solution-focused approach.

Coaching Services

Human-centered leadership, business and personal coaching, workshops and trainings on the following topics:

- **Leadership & Career Development:** Identify your strengths
- **Personal Development:** Experience personal growth
- **Stress & Burnout:** Increase your mental strength
- **Change Management:** Design your future
- **Loss & Grief:** Overcome crises

Coaching Experience in Corporations

Since 2016 Leading teams through change, human-centered leadership coaching and training

2007 – 2016 Internal senior business coach, since 2012 internal mindfulness trainer, SAP SE


Areas of Responsibility (excerpt):

- Work in the SAP-internal **coaching program team**, onboarding and supervision of new coaches, definition of quality assurance measures for coaching processes
- Designing and holding of workshops on coaching and mindfulness
- Cofounder of the SAP-internal **mindfulness initiative**, execution of daily mindfulness trainings
- Member of the SAP initiative focusing on **burnout prevention and recovery** together with SAP health

Working Experience

- 2016 – present** Founder of Schlenker Impulse
- 2001-2016** Director Marketing and Communications, Industry Business Unit Utilities, SAP SE, Germany
- 1993-2001** Knowledge Manager, SAP SE, Germany
- 1990 – 1993** Project Manager – METAL (Machine Translation), SAP SE, Germany

Qualifications

- Since 2021** Certified FIRE Model Resilience Practitioner by [Leadership Choices](#)
- Since 2020** Associated Leadership Coach at [Leadership Choices](#)
- Since 2019** Coach Certification, [German Coaching Association](#) (DBVC)
- 2018 - 2019** IADC® Therapy, Juliane Grodhues, [Allan Botkin Institut Deutschland](#)
- Since 2017** Hospice volunteer certification, [Oekumenische Hospizhilfe Suedliche Bergstrasse e.V.](#) incl. internship in a hospice, a nursing home and in a palliative care team
- Since 2016** Certified **sysTelios** TRANSFER network partner ([sysTelios clinic](#)) including 2 weeks internship at the **sysTelios** clinic (March 2017) 
- 2015 – 2016** Hypnosystemic grief counseling, Roland Kachler
Milton Erickson Institute Heidelberg
- 2014 – 2015** Hypnosystemic coaching und organizational development, Dr. Gunther Schmidt
Milton Erickson Institut Heidelberg, Certified by DBVC (German Coaching Association)
- 2010 – 2013** Mindfulness training, Barbara Schreier, Psychologist
- Since 2010** Ongoing mindfulness practice
- 2007 – 2010** Systemic coaching, Wolfgang Schmidt
management forum wiesbaden, Certified by DBVC (German Coaching Association)
- Since 1990** Various Trainings (excerpt) project management, conflict management, lean/agile development, design thinking, continuous improvement process (CIP)
- 1984 – 1989** Studies: Interpretation/translation - English and French
University of Heidelberg, Université de Metz (France) and University of Cologne

Language Skills

- English: native speaker
- German: native speaker
- French: limited working proficiency

Interests and Activities

She recharges her batteries by painting, spending time in nature and practicing yoga. She loves architecture, painting and discovering different cultures while travelling.