



## Catharina Biver

She uses her enthusiasm, experience and energy to ignite the personal and professional development of every individual.

With over 25 years of experience in training, Catharina Biver's approach is practice-oriented and experiential; and due to her dynamic and empathetic personality she can motivate and inspire participants, enabling them to develop their potential and go above and beyond. She uses her enthusiasm, experience and energy to ignite the personal and professional development of every individual.

Swedish by origin, she has worked in many European countries and for several European institutions, so she has a keen awareness of cultural diversity and adapts her coaching and facilitation approach accordingly.

Her strongest coaching/facilitation skills are:

- Leadership Skills and Styles
- Goal Setting/Strategic Decision Making
- Managing Expectations and Performance
- Creative Problem Solving
- Public Speaking and Presentation Skills
- Team Leadership and Team Building
- Change management
- Self Management including Personal Effectiveness/Time Management/Stress Management and Resilience
- Respectful Workplace/Dignity at Work (Bullying/Harassment)

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