

"Time doesn't work for me, I have to do that myself. myself." (Alfried Längle)

Alexander Milz Trainer and Consultant

Alexander Milz always enters new worlds of values and corporate cultures with a great deal of curiosity and respect. "My experiences have shown me: Those who can perceive and understand values find good access to people," is how Milz describes his approach. He supports his clients in finding coherent answers to their questions without losing sight of the respective context. From his observation, developing our own solutions for conflicts and problems means that we are also prepared to take responsibility for what follows from them. As a management trainer, Alexander Milz likes to work at the interface between "top" and "bottom".

In so-called middle management, it is about good and understandable translation services, but also about dealing with contradictions and tensions. "This is also where I originally come from myself and I know how tight it can get here sometimes," says Milz.

His professional roots originally lie in the commercial-logistics field. In 1995, he set out on his own with a lot of helpful experience and a solid set of tools in his luggage. In the following years he completed his studies in existential analysis in Bregenz / Austria and trained as an existential analyst. In Germany, he is accredited as a non-medical practitioner for psychotherapy by the Health Office in Hanover, Germany, through the Heilpraktikergesetz. Today, he uses this qualification for seminars and coaching on burnout prevention, among other things.

A native of Cologne (born in 1963), Alexander Milz has remained loyal to the region after several years living and working in Italy and now lives in Troisdorf near Bonn. He has been married since 1996 and is now the father of two large sons.

"I can't switch off," admits Milz, "but switch over, I'm good at that." Then he gets on his motorcycle or runs his laps. All this not only keeps him fit, but creates encounters with himself. For Alexander Milz, this is fundamental to getting back into good contact with others.

Focuses:

- Leading in change and upheaval
 - Creating a healthy performance culture and burnout prevention
 - Leading with meaning and values
 - Working with resistance and deciding conflicts
 - Representing interests, arguing confidently, convincing constructively
 - Stages
 - Independent organizational consultant and trainer since 1995
 - Founding of the practice for psychological consulting and life management in Troisdorf
 - Coaching and training of executives and junior executives in middle management
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- Board member of the Society for Logotherapy and Existential Analysis in Germany e. V.
 - Co-founder and senior partner of the MWMGroup Consulting and Education
 - Until 1995 commercial and sales activities with management tasks
 - Education / further education (excerpt)
 - Study of existential psychology and training in existential analysis and logotherapy
 - Licensed for the application of the DISG personality profile (Inscape Inc.)
 - Coaching and supervision training at the Society for Logotherapy and Existential Analysis in Vienna
 - Accreditation as non-medical practitioner for psychotherapy
 - Commercial training