

Curriculum Vitae



Nadja Obenaus

Systemic IT consulting & d-Coaching

with heart and soul

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Career:

since 10/2019	self-employed systemic IT consultant & d-Coach Wiener Linien, Vienna;
2016 - 2020	Agile Coach and Scrum Master Thyssen Krupp, Essen; BMW Mini, Oxford; Bauer Verlag, Hamburg
2015 - 2019	independent in a secondary profession as coach, trainer, IT consultant
2005 – 2014	IT process consultant at Siemens AG Vienna; Graz; Brasov; Toronto; Hamburg

Further training:

- Agile methods, Design thinking, Liberating structures, Appreciative Inquiry, Theory U
- Coaching skills for working with agile teams
- Workshop organisation (open space, world café)
- EKT Trainer – Elementare Kommunikationstypen
- Lumina Spark Portrait Practitioner
- Certified systemic coach and trainer - conflict management
- Project management
- Certified Scrum Master and LeSS (Large Scale Scrum) Practitioner
- PEP® tapping for reduction of stress and regulation of emotions (certified after Dr. Bohne)

Training:

09/2001 - 07/2005	University of Applied Sciences Kapfenberg, Austria Industrial Management - Management, Logistics and applied computer science, Degree: Graduate engineer (FH)
03/2004 - 08/2004	Borealis GmbH Vienna, Austria Trainee Logistics, Material Handling, Business Process Analysis
2001	Neues Gymnasium Leoben, Austria

About Nadja Obenaus

I'm an Austrian native from beautiful Styria, the green heart of Austria. Today my husband and I live in Hamburg, our adopted home.

A healthy lifestyle has always been crucial to me. In my job as an IT consultant, things were going well so far. Up until the day in January 2014 when an illness threw me off the track with sweeping consequences for my professional career. In this dark phase of my life, light only returned through a dear friend who suggested coaching. There I fathomed that I wanted to make a difference, to get international teams to deliver and to instigate large-scale change. This is how I conceived the idea of training as a systemic coach. And during this phase, I engaged myself in organisational resilience, which is how I came to train as a Sensory Joy Coach. Since 2016, I've been Northern Germany's first Sensory Joy Coach.

Today I am living my dream along with a happy and healthy life, and I am not afraid of conflicts or challenges that life gives me.

My philosophy: I genuinely believe that we can accomplish more as a team and use every opportunity to grow and learn together every day.

When I'm not working, you see me: Jogging along the Alster or cycling in the "Stadtspark", the city park, where I'm preparing for a triathlon.

Favourite place: At the river in Hamburg, where the Inner and Outer Alster meet.

What matters to me: My voluntary work at the Weekendschool.

Favourite dish: Apple strudel just like my grandmother used to make it.

What few people know about me: I have a knack for gloves.