

Cristina Palmer

M.A. in Industrial / Organisational Psychology
Certified Coach (DVCT)



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PROFESSIONAL EXPERIENCE

Cristina Palmer | CEO since 2024 Friedberg

- Key speaker for Positive Psychology at work
- Support career transitions and change processes
- Coach entrepreneurs in developing self-awareness, decision-making clarity and sustainable growth strategies
- Facilitate leadership development processes, focusing on emotional intelligence, stress management and team effectiveness

Coach and Trainer

2007 - 2024 Seepunkt, Kreuzlingen

- Development and implementation of programs for burnout prevention and stress management in the workplace
- Executive development and transition coaching
- Delivery of strength-based one-to-one coaching

HR Professional

2005 - 2007 TRW Automotive, Radolfzell am See

- Responsible for HR development and recruitment
- Development and implementation of employee retention strategies
Optimisation of internal HR processes to increase efficiency

Spanish and English Teacher

2003 - 2005 Inlingua / VHS, Konstanz am Bodensee

Head of Training & Development

1999 - 2002 Gemplus, Mexiko

- Led the Training and Development function for production and sales teams across Latin America
- Developed and delivered learning programs, including virtual training initiatives

HR-Recruiting & Hiring Coordinator

1998 - 1999 Baxter /Smithkline-Beecham Química, Mexiko

- Conducted interviews for technical and administrative roles in the production sector and oversaw the entire recruitment process through to the signing of contracts.

EDUCATIONAL BACKGROUND

M.A. Industrial/Organizational Psychology

1995 - 1998 Xavier University, Cincinnati USA

B.A. Psychology

1990 - 1995 Universidad Autónoma del Estado de Morelos, Mexiko

Personal Information

Born: 1972

German-Mexican citizenship

Languages

Spanish

English

German

Diagnostic tools: LIFO Strengths Profile



Skills

Leadership

Teamwork

Intercultural Communication

