



ANJA TROUVAIN

With a proven track record of over 15 years in the fields of health management, coaching, communication and people development, I know how to profitably apply my very good conceptual skills and communicative nature. I am a proactive, creative and passionate Coach who stays in touch with all current trends and techniques to drive promising coaching & wellbeing projects with great outcome for the individuals.

CONTACT

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- 📍 Zürich, Schweiz
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IN A NUTSHELL

- Flexible and empathic human being born in 1978
- Mum of an 8 year old son, married
- Track record +15 years in Communication, People Development & Events
- Experience in driving global Initiatives and Event Management
- Globetrotter & USA Lover

PROFESSIONAL EXPERIENCE

Founder of Anja Trouvain - Life Coaching & Yoga

Since September 2018

- Individual Coaching
- Freelancer for Wellbeing & Health Management Projects
- Online Yoga Studio Owner

Communication, People Development & Events

Credit Suisse | Dec 2010 - June 2020

- Responsible for effective **people development and communication strategies**
- **Projects: Conceptual design** of leadership talent strategies, employer branding programs and enhancing corporate culture
- Design & development of a **booklet with guidelines** for employees > 3000 incl. concept & roll-out
- **Content & Program concept** design and **Lead management events and initiatives** such as: Leadership events, Management Offsites and Town Halls
- **Ghostwriter and Content Creator** for communications such as Presentations, Podcasts, Newsletters, Vlogs
- **Special Mandate:** Mindfulness Expert / Healthmanagement @ Work
- **Maternity Leave & Sabbatical** from September 2014 to February 2016 in Austin, TX USA



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FURTHER EXPERIENCE

Head of Academy, Finnova AG (2008-2010)

Operational management of the 6-member Academy team, design of training programs and conceptual expansion of the offering

Learning & Development, UBS AG (2006-2008)

Lead Trainer for frontline employees as well as onboarding mentor for new employees

Customer Service Coordinator, Lüscher AG (2003-2006)

Assistant to the service manager, 1st level Customer support, Customer contact at exhibitions

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STRENGTHS & HOBBIES

- Mindfulness & Wellbeing
- Meditation, Breath Work
- Content Design & Online Marketing
- Always finding Solutions
- Teaching Yoga
- Reading inspiring Books
- Music is my medicine

EDUCATION BACKGROUND

Studies and higher education

- Dipl.Education Management, FHNW | 2014
- Eidg.Dipl. Erwachsenenausbilder & SVEB | 2010
- Dipl. Information Technology, BA | 2002
- Psychology & Pedagogics, College | 1997

Further Certifications

- Certified Life Coach (DBCA) | 2020
- Yoga Teacher | 2018

*"The greatest Wealth
is Health"*