

PROFILE

CHRISTOPHER SCHRENK, MSc



KEY FOCUS AREAS

- Strategic business consulting
- Project management
- Process workshops
- Time management
- Stress management

ABOUT ME

After completing commercial academy and a degree at the Vienna University of Economics and Business, I initially worked in corporate consulting and the banking sector. My last position was as a department head for an international event management agency, where, among other tasks, I was responsible for the sporting management of world beach volleyball championships.

In my free time, I have long been involved in the areas of personality training, team development and motivation. A great help to me here has been my voluntary work as a volleyball trainer.

In my professional environment, I have often noticed how important team members can no longer stand the pressure in the heat of battle and drop out due to physical or psychological problems.

I myself also suffered symptoms of depression and burnout in my mid-20s. I then came to the conclusion that I wouldn't be able to continue in the same way if I wanted to keep up the pace for a few more years. That's why I completed a training course in 2014 to become a certified burnout prevention trainer. Once I had successfully got my own life back on track, I set myself the goal of using my experience to help others.

You need the right foundations in order to handle challenging tasks. For this reason, I now offer professional project management based on certified international standards as well as time and stress management training and coaching to give others the skills they need to cope with all stress-related situations and to master all the problems life throws at us. I also offer another view on life by means of organisational constellations.

PROFILE

CHRISTOPHER SCHRENK, MSc

TRAINING & CONSULTING

- Strategic business consulting
- Strategic and operational project management
- Interim project management
- Process management
- Event management
- Time and task management
- Stress management
- Burnout prevention

CONTACT DETAILS

E: chs@commkey.at

Tel.: +43 650 9636166