

**Name: Michael Wigge**

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## CHALLENGE-4-CHANGE

Leave your comfort zone  
to grow and succeed!

### About me:

- **Certified systemic coach (ICF) in English and German** with over ten years of soft skills experiences. I support clients with my CHALLENGE-4-CHANGE coaching program in their personal and professional life.
- Focus on **goal setting, change management, stress, resilience, self management, burnout, leadership development and motivation**
- Adventure challenge background **with four motivational challenge books** in German and English. "How to Travel the World for Free" was presented on the Tonight Show (NBC) <https://www.youtube.com/watch?v=VwQ4SUCE604>
- Motivational video on stage: <https://www.youtube.com/watch?v=PU8yftiwmTQ>

### Background:

- Founder of CMW Coaching and Speaking in Denver, Colorado in 2013 with keynotes and business coaching on **soft skills** and **leadership skills**.
- Founder of Pichu Productions TV productions in Berlin 2005-2015 with own challenge TV shows on ZDF-TV, DW-TV and PBS-TV
- EAP counselor since 2018
- Seminar trainer and speaker since 2015
- Business leadership coach since 2013
- Motivational challenge books in the US and in Germany:  
"How to Travel the World for Free"  
"How to Barter for Paradise"  
"50 States of Wigge"  
"Germany by Kick Scooter in 80 Days"

### Testimonials:

- *Michael has shown **empathy** and understanding of my current personal situation. I've felt inspired and perfectly supported by his **solution-oriented** coaching style.*
- ***CHALLENGE-4-CHANGE** was a great concept to help me improve my **leadership skills** and learn to stay out of my comfort zone to **embrace change**. Thanks, Michael!*
- *Michael has real life experiences and walks the talk! I am grateful about our encounter!*

### Coaching Experiences:

- 1000+ EAP counseling sessions with employees and leadership in English and German for Furstenberg Institute
- 3000+ business and leadership coaching sessions on personal development, soft skills and leadership topics with CMW for clients like Mercedes Benz, Actinium, ACA Intern., AOK, American Medical Technologists
- 200+ leadership coaching sessions for CoachHub
- Monthly online seminars on resilience, change, motivation, time- and stress management
- **ICF certified (ACC)** and currently **in leadership coaching** training with ILCT. Certified on **addiction counseling** and **certified on intercultural coaching**