

Michael Wigge

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CHALLENGE-4-CHANGE

*Leave your comfort zone
to grow!*

About Me:

- **Certified systemic coach (ICF) in English and German** with over ten years of experience. I support clients with my CHALLENGE-4-CHANGE coaching program in their personal and professional lives.
- Focus on goal setting, change management, stress, resilience, self-management, orientation, burnout, leadership development and motivation
- Adventure challenge background with **motivational book publications** in German and English. "How to Travel the World for Free" was presented on the Tonight Show (NBC)
- Bilingual and dual citizen: US and Germany
- Certified executive coach, ADHD coach, cognitive behavior coach

Background:

- Founder of CMW Coaching providing keynotes, training and coaching on **change management, leadership, stress, resilience, conflict management, and motivation.**
- Founder of Pichu Productions TV in Berlin 2005-2015, producing adventure docu-series for ZDF-TV, DW-TV and PBS-TV. Extensive management experience.
- Mental health coach at Furstenberg Institute since 2018
- Leadership coach at CoachHub since 2018
- Trainer at Haufe Academy since 2018
- Motivational books in Germany and US: 'How to Travel the World for Free', 'How to Barter for Paradise'

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 and develop. Thanks, Michael!
- Michael has real life experiences and walks the talk! I am grateful about our encounter!

Coaching Experiences:

- 1,000+ mental health coaching sessions with employees and managers in English and German for Furstenberg Institute
- 1,000+ leadership coaching sessions on professional development, soft skills, and leadership topics for **CoachHub**
- 200+ orientation coaching sessions for Ecomex
- Monthly online training for Haufe Academy
- ICF (International Coaching Federation) certified (ACC) and ILCT certified

- <https://my-challenge-coach.com>
- <https://my-challenge-coach.de>