

Curriculum Vitae



Sabine Amelsberg

Consultant

KEY WORDS:

Work Process Analysis and Management, Project Management, Change Management, Training, Statistical and Qualitative Data Analysis

CV SUMMARY:

Over the past eleven years, she supported more than 30 organizations and companies in the restructuring and improvement of work processes, including measurement of effectiveness in the context of occupational health systems. Sabine Amelsberg gained her professional experience in the service sector. After graduating from university, Sabine Amelsberg built up her own business.



Professional Working Experience

02/2018 – present

Company: Sanders & Associates GmbH
Position: Consultant

Key focus of activities

- Working process analysis and improvements
- Change Management

03/2008 – 01/2018

Own Business
Position: Freelance Consultant in occupational health and safety

Key focus of activities:

- Moderating working groups
- Process analysis and management (occupational health management systems)
- Development of key performance indicator systems
- Carrying out and evaluating employee surveys
- Data analysis

07/2006 – 12/2006

Company: Verkehrsbetriebe Hamburg-Holstein GmbH (VHH)
Position: Diploma thesis

Key focus of activities

- Concept development to manage demographic development in specific for aging workers
- Elaborate/agree related labor agreement (Betriebsratsvereinbarung)

09/1999 – 06/2009

Company: Bremer Straßenbahn AG (BSAG)
Positions:

- 1) **Internship** (1999-2002)- Management Assistant for Transport Services
- 2) **Bus driver** (2002-2009) – extracurricular



Training and Background

Training Summary	<ul style="list-style-type: none">- Quantitative and qualitative statistics analysis- Health coaching in context of occupational health management; (sustainability of health care at work, salutogenetic principles, stress management and coping strategies, healthy nutrition)- Generation management (Ageing and health, ageing management, challenges of demographic change, innovative approaches towards longer work life,)- Degree in "M. A. Workplace Health Management" (Zentrum für Wissenschaftliche Weiterbildung an der Universität Bielefeld) October 2017 – present
University Degree	<ul style="list-style-type: none">- Diplom-Politikwissenschaftlerin (Universität Bremen, focus: analysis of policy fields and their economic and social prerequisites), Diploma thesis: Management of demographic change in transport services
Languages	German: mother tongue, English: good; French/Spanish: basic