

**Rahel Messmer Winzeler**  
**lic.iur., MLaw, mediator (SDM/SKWM)**  
**and systemic coach**



**Education**

- 2016 Systemic parental coach at the «institut für systemische impulse» (isi) in Zurich
- 2015 Systemic coach at the «institut für systemische impulse» (isi) in Zurich
- 2012 Mediator at «Institut für systemische Entwicklung und Fortbildung» (IEF) in Zurich
- 2005 University of Fribourg i.Ue. (lic.iur. and MLaw)

**Professional Experience**

Rahel Messmer Winzeler has worked as a lawyer, mediator and conflict coach since 2014. She has many years of experience as advisor in different major Swiss Banks and a Private bank:

- Business Support Management at Clariden Leu
- Relationship Manager at UBS
- Relationship Manager at Credit Suisse
- Career Start Program at Credit Suisse

**Memberships**

- Swiss Chamber of Commercial Mediation (SCCM)
- Swiss Association of Mediation (SDM)

**Pro bono**

Member of the board of trustees of a charity foundation

**Languages**

- German
- English
- French

**Description of services offered**

Sometimes the traditional method of resolving legal disputes through conventional litigation may be too cumbersome. Unlike litigation, mediation provides a forum in which parties can resolve their own disputes, with the help of a neutral third party. As a mediator I provide my support impartially and neutrally so as to arrive step by step at an outcome for the parties involved in the conflict that is both fair and constructive. My work as a mediator centres on conflicts within the family and in the workplace. Conflict coaching helps us to better understand the causes and dynamics of a conflict. During this process professional coaching improves decision-making, enhances thinking skills, reveals new perspectives and reinforces self-confidence.

Rahel Messmer Winzeler, born 1980, is married and has two children.