**CV**



 **Anne Grethe Jeppesen**Address: Baarsrudveien 2, 3476 Naesnes/Oslo, Norway
Born: 1 November 1957
Marital status: Co-habitant partner with Harald Stenvaag.
Profession: Trainer/Coach/Gestalt therapist.
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**Summery.**

AGJ has lead and worked as a Norwegian Performance and Olympic Headcoach Rifle in 4 periods
(woman and men).
AGJ has worked more than 10 years with project leadership, coordination and coaching on Olympic level in the Norwegian Sports Federation and Olympic Committee «Olympiatoppen».
AGJ worked as assistant Chief de Misson (camp leader) for Norway in the Athens Paralympics in 2004.

AGJ has worked on camps as a coach/trainer for Norwegian Paralympic team in preparation for RIO 2016.

AGJ has been doing consultance work for Shooting Academy “Gun for Glory” in Pune/India 2017.
AGJ is currently working part time as a Performance coach in Scotland (2016-).
AGJ has her own private Coaching clinic.

AGJ was the first Norwegian to get A-licence as an ISSF international rifle performance coach/trainer.
AGJ is educated at the Norwegian Gestalt Institute of Oslo, as a Gestalt Coach and Therapist.
AGJ is the leading author of the book "Mental Training in Shooting". (translated into English).
AGJ is born in Norway in 1957 and live outside Oslo with husband Harald Stenvaag(2 times medalist I OG)
AGJ performed in International Championships Shooting 1976-1986. Incl European, World and Olympics.

*# Olympiatoppen is part of the Norwegian Sports Federation and Olympic Committee, and has the authority and operational remit to develop Norwegian elite sport, and overall responsibility for the nation’s results in international sport. Olympiatoppen have implementation responsibility for Norway's participation in the Olympic and Paralympic Games. Olympiatoppen is renowned for its multi-sport center and for a climate that fosters the development of competence and the building of a collective ethos.*

**Special qualifications:**

**Head coach and Trainer:**Norwegian Head coach for men and women for various seasons (1987-1996.)
Head coach/leader/trainer in Barcelona Olympics (1992 and Atlanta Olympics (1996).
Personal trainer for various Norwegian olympic participants (1996 -)
Norwegian national team Head coach for Junior rifle 2011.
Norwegian national team Head coach for Men/Women (January 2014-February 2016).
Consultance work for Shooting Academy “Gun for Glory” January 2017 India.(develop athletes and coaches).
From April 2016 Performance coach Rifle Scotland.

**Leadership experience:**
Leadership tasks for the Norwegian Sport Shooting Association incl developed annual plans, budgets, and work program. Executive board member and leader of the committee for rifle sports in Norway.
Norwegian Sports Federation and Olympic Committee:
- Assistant Chief de Misson (camp leader) for Norway in the Athens Paralympics in 2004.
- Project coordinator and member of the board for the Top-level Athlete Project (2000 to 2006)
- Project coordinator and member of the board for “Kvinneløftet “ (2008-2012)

**Top-level sports, practicing athlete:**International championships (rifle shooting sports) in the period 1977 to 1986, including the 1984 Olympics.
European Championships, gold medal in air rifle shooting in Athens, 1981.
Number 5 in 3X20 at 50 m Smallbore rifle in the Los Angeles Olympics, 1984.

**Coach/Instructor:**
Performance Coach in the Top-level Athletes Project for Norwegian Sports Federation and Olympic Committee (Olympiatoppen) expert group 1995-2000.
First Norwegian Performance rifle coach with an international ISSF A-level certification
Developed training system with “development planning” and coaching techniques for shooting.
Developed the use of gestalt coaching techniques within sports/shooting.
Developed education plans, materials(technical and mental) and program for the coaching program in Norwegian Shooting Federation.

**Educationalist:**Educated as a teacher in physical education from the Norwegian College of Physical Education and Sports.

**Lecturer:**Experience as lecturer and process manager of workshops (1981 to the present)
Themes and subjects: EKS technique (specific to sports), mental training, communications/relationships , development processes and planning of training.

**Entrepreneur/Owner:**Founded and established the Stenvaag Weapons Centre AS in 1984 with Harald Stenvaag.

**Writer:**
Book; *Mental Training in Shooting*. (English version) (ISBN 82-997181-1-2)

**Trainer Course pamphlets for the Norwegian Sport Shooting Association.**

**Education:**1974-77Florø Upper Secondary School (High School) 1977-78 Sønderborg Sports College, Denmark
1979-81 College prep courses and intermediate subjects in sport at the Norwegian College of
 Physical Education and Sport.
1981-82 Treider Academy, Oslo. Studies economy/adm.
2004 International certifications: ISSF B- and A-level trainer in rifle shooting.
2003-2005 Gestalt coach, passed examination from the Norwegian Gestalt Institute of Oslo.
2005-2008 Gestalt therapist, passed examination from the Norwegian Gestalt Institute of Oslo.
2012-2013 Continuing education at the Norwegian Gestalt Institute.

**Work experience:
1978-1979 Accountancy work for accounting firm, Florø Regnskapsservice.
1982-1984 Education consultant for the Norwegian Sport Shooting Association.
1984 Started and established the Stenvaag Weapons Centre AS with Harald Stenvaag.**1995-2000 Coach in the Top-level Athletes Project for Olympiatoppen expert group
2000-2004 Project coordinator for Olympiatoppen's teams in Athens and Torino,
2004 Assistant camp leader for the Paralympics in Athens,
**2004- Own practice as coach and trainer (individuals and groups).
 Project coordinator and coach for Olympiatoppen's "Promoting Female Sports Project"**

2006- E**xpanded own practice with gestalt therapy and guidance.**Experience as lecturer and process manager for workshops (since 1981 to the present)
Themes and subjects: EKS technique (specific to sports), mental training, communications/relationships , development processes and planning of training.

2010 Workshop for the Norwegian Air Force's 331st Squadron in Bodø.

**2010-2013 On assignment for Reaktorskolen (skills development school for the unemployed),
 the Norwegian** Sport Shooting Association, individual athletes and Olympiatoppen.
2013-2016 National Head coach **Norwegian Sport Shooting Association (elite men/woman)**

**2016-2017 Performance coach Sportscotland.**

 **Trainer/leadership experience within** sports.(part-time and full time projects)
Performance Coach for Performance Squad Rifle in Scotland.(April 2016-)
Head coach/trainer for the Norwegian National Rifleteam men/women 2013-march 2016.
Head coach/trainer for the Norwegian National Junior team 2011.
Head coach/trainer for the Norwegian National Women's Team 1987-1993.
Head coach/trainer for rifle in Barcelona Olympics of 1992 (men and women)
Head coach/trainer for rifle in Atlanta Olympics of 1996 (men and women)
Individual follow-up work for different international top-level athletes such as
Leif Steinar Rolland, Kristina Vestveit (approx. 5 years) and Ole Magnus Bakken (5 years).

**AGJ, 2017.**