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Sabine Steinhorst was born on April 15, 1979 in Stuttgart, Germany. She studied Romance and German Languages and Literature as well as Philosophy at the Universities of Tübingen, Germany, and of Barcelona, Spain, as a German Academic Exchange Service (DAAD) scholar. In 2005, she obtained a Master of Arts degree with distinction from the University of Tübingen.

Parallel to her studies Sabine Steinhorst worked for a human resources and organizational development consultancy with clients in Germany, Austria and Switzerland. In addition, she worked as an editor and representative editor-in-chief at a renowned humanities publishing house.

Subsequently, Sabine Steinhorst was employed as a copy editor for a national daily newspaper in Germany and for a leading daily newspaper in Switzerland.

In 2008, she successfully completed a two-year part-time Executive MBA program at a Swiss University of Applied Sciences.

Sabine Steinhorst speaks German, English, Spanish, French and Catalan.

Sabine Steinhorst joined Dr. Bjørn Johansson Associates on January 1, 2007.

Dr. Bjørn Johansson Associates is a leading, globally operating Board Advisory Firm, based in Zurich, Switzerland, exclusively focusing on Non-Executive and Executive Board appointments.