

# PORTRAIT



My personal and professional life to date has been both varied and stimulating:

From newspaper editor with a local paper, carer of disabled persons in an anthroposophical home, breeder of goats, cook at two conference hotels, student of social pedagogy majoring in education and consulting, 13 years as an employed consultant, trainer and coach with a major German training organisation and self-employed consultant – I wouldn't have missed any of this.

All these experiences have given me the necessary grounding for my change-oriented consultancy, coaching and therapy work.

Two of my most important teachers – alongside my children Mara and Joris – were Steve de Shazer and Insoo Kim Berg, founders of solution-focused brief therapy. The international network of organisation consultants working with the solution-focused approach are both an intellectual home and a creative think-tank.

An interest in people, sense of humour, a positive outlook and a tendency to be provocative and ironic are among my strengths

Apart from my coaching training with Neuland & Partner ([www.neuland-partner.de](http://www.neuland-partner.de)), I studied areas of organisational development with trigon ([www.trigon.at](http://www.trigon.at)). I have attended courses in solution-focused brief therapy, systemic family therapy and consulting (Norddeutsches Institut für Kurzzeittherapie Bremen, SG (Systemic Society)-approved, [www.nik.de](http://www.nik.de)), systemic couples' and sexual therapy at the Heidelberger Institut ([www.igst.org](http://www.igst.org)) and transpersonal psychotherapy (Fachklinik Heiligenfeld, Bad Kissingen, [www.heiligenfeld.org](http://www.heiligenfeld.org)), and have also gained an insight into all kinds of humanistic consulting methods (psychodrama, hypnotherapy, transaction analysis, shamanism, body work). I am also qualified to call myself a Performance Coach and certified MBTI trainer.

I have the Esalen Institute in California ([www.esalen.org](http://www.esalen.org)), the Findhorn community in Scotland ([www.findhorn.org](http://www.findhorn.org)) and Brother Martin of the Shantivanam Ashram ([www.bedegriffiths.com](http://www.bedegriffiths.com)) in southern India to thank for the valuable contributions they made towards my personal and spiritual growth. Travel within

Europe and to America, Asia and Africa have also broadened my horizons.

I live in the beautiful countryside of the Rhön region, a UNESCO biosphere reserve, in the heart of Germany. Sustainable development is therefore a matter of great personal concern to me. My home offers me a hobby right outside my front door: walking. Slowing down, taking time out to enjoy the countryside and fresh air, and engaging in stimulating conversations with good friends, these are some of my favourite pastimes. And what better way to round off the day than with freshly baked plum cake or homemade pasta and chanterelles?

When I'm not on the consulting stage, I like to perform with the band Die Loreleyas ([www.loreleyas.de](http://www.loreleyas.de)) with our repertoire of songs spanning six hundred years. I also enjoy pottering around in my garden, between the rosebushes and strawberry beds, painting, reading, and a host of other activities.