



**Completed attendance seminars and workshops from 2018 to present:**

1. coaching workshop compact: basics of business and personal coaching
2. mindfulness exercises, meditation: consciously designing life transitions
3. cognitive bias training
4. family/systemic constellations
5. value-free (non-violent) communication according to Marshall Rosenberg
6. the work according to Byron Katie
7. gestalt therapy work: Coming into harmony with oneself
8. introduction to NLP
9. conflict management
10. living more easily with high sensitivity
11. self-coaching in everyday life
12. basic seminar - coaching as a communication and leadership tool
13. encounter with the inner child
14. the way to happiness in life: inner peace and power through Qi Gong
15. methods of process-oriented psychology: Integer & strong - empowerment
16. introduction to resilience techniques
17. creative writing: writing new ways to dare
18. self-care writing
19. crash course change of perspective
20. de-escalating conversation
21. conflict mediation through mediation
22. non-violent communication and the inner team
23. communication in love relationships - according to Sue Johnson
24. moderation training: leading groups and resolving conflicts
25. introduction to hypnosis & self-hypnosis | methods and techniques