



Veronika Langguth

Berner Str. 45 * D – 12205 Berlin

Tel +49 – (0)30 84722700 * Fax +49 – (0)30 84722701

www.VeronikaLangguth.de * info@veronikalangguth.de

Training / Qualifications / Diplomas: Trainer schooling / - certificate at Voss + Partner/Hamburg, Mediator /– certificate at medialog Kriele/ RA Bubert , member of BDVT, professional body professional teacher - 2nd final statutory exam for teaching posts, state approved alternative doctor, qualified breathing therapist/ - certificate BEAM

Competences / Professional experience: Four years professional teaching in Berlin and London, five years the executive employee at the Ilse Middendorf Institute for Breath Therapy and Teaching / Berlin - Institute for Teaching and Training, founding and 12 years executive director of the Ilse Middendorf Institute for Breath Therapy and Teaching, Beerfelden/Odw. - Institute for Teaching and Training. Since 1989 a trainer and coach in large and middle-sized companies for the following audiences and target groups: leading executive and line managers, skilled labour and managers, employees in office work and field staff. Since 1995 founding and executive director of the Centre for Body- Aware Communication and Personality Development, Cologne / Lohmar, since 2012 Berlin

Professional Specialisation: Development and / or carrying out seminars and projects in trainings and in- job training, Train-the-Trainer, e.g. at Voss+ Partner, for the coaches of AXA Versicherung AG or the sales manager of the Bonner Akademie MBH, Team development. Wide- ranging experiences and knowledge in fields of sales strategies and customer after-care. Speaker and chair woman / host facilitator at conventions and congresses, author of books and technical papers; sought- after expert for communication, overcoming stress and breath therapy in television, radio and press

Thematic focuses: self-presentation, body language and voice coach: appearance, impact and visual effect, including use of the method Körperbewusste Kommunikation nach Veronika Langguth® (Body- Aware Communication after Veronika Langguth), leading oneself and others: communication and conflict resolution, management of oneself / time / stress

References, e.g.: Daimler AG, Ford- Werke GmbH, Ford Bank, Merckle GmbH, Ratiopharm International GmbH, Deutsche Post AG, Wieland-Werke AG, AXA Versicherung AG, Bonner Akademie MBH, ZfU International Business School

Further trainings: TA, TZI, Moderation, DISG©, Hypnotherapie, NLP & Silva- mind control, client-centered therapy in counselling after Rogers & Focussing, systemic consulting of organizations, Study of Nature Cure /South India, Autogenic Training, Meditation, Hatha Yoga and much more

Languages: German und English