Counseling expertise

Helga Brüggemann

Education and teaching experience

First degree

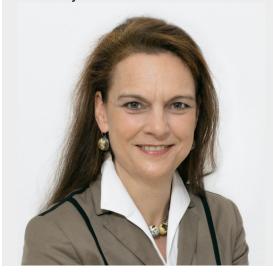
Secondary Level I /II German, French, Paedagogy (majoring in Educational Psychology), Ruhr University Bochum, François Rabelais University, Tours, graduated in 1991

Second degree

Management at the University of Hagen, graduated in 2000

Teaching position

Lecturer in current approaches in management practice and organizational development University of Witten Herdecke



Professional experience and training

Internal

Ten years' professional experience as a personnel and organisational developer and change manager

External

Twenty years' professional experience as a management consultant, facilitator and process adviser

Training

Mindfulness-based systemic counselling 2023 Humble Leadership 2022 Facilitative Leadership 2021 Agile HR 2020 Agile-Coach 2019 SCRUM-Master/ Scaled SCRUM 2018 Thinking Environment 2017 Hypno Systemic, 2015 Mental Techniques, 2014 Organisational Set-up, 2011 Appreciative Inquiry, 2010 Process Work based on the methods of A. Mindell, 2009 Dynamic Facilitation, 2008 Facilitation (CPF), 2007 Innovation Management, 2005 Systemic Consulting (SG), 2004 Myers-Briggs Type Indicator, 2003 Internal Consulting, 2002 Group Dynamics, 1999 Communication Psychology, 1998 Assessor EfQM Model, 1997 Trainer Qualification, 1993

Consulting experience

Industry experience

Consumer goods industry Production industry Technology companies Financial services Energy providers Retail

Fields of expertise

Conception and and co-creation of events and multiplier programmes Management consulting Transformation support Design and facilitation of large group events

Variety of methods (selection)

Appreciative Inquiry (AI)
Business Evolution Lounge®
Circle
Lego Serious Play
Liberating Structures
Open Space Technology
Organisational Set-up
Process Workshops
Story Telling
Tetralemma
Thinking Enviroment
World Café
Future Conferences