

# 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