

CREATIVE COACH \ FACILITATOR \ AUTHOR

ENABLING INDIVIDUALS, TEAMS AND ORGANIZATIONS
IN TRANSITION AND (SOCIAL) INNOVATION PROCESSES

to actualize potential and embrace change

to co-discover, co-develop and co-realize ideas and innovations for oneself, people, society, business

e.g. through

coaching and personal / team development

creative workshops and experiences

learning journeys and experiments

social art forms and awareness practices

CREATION

of inspirational talks, keynotes, audios, texts, visuals, stories, platforms, spaces...

of communication ideas, concepts, formats

EXPERIENCE

since MAY 2016

EXPLORING \ WORKING \ CONNECTING AROUND THE WORLD

with diverse communities and teachers, social change catalyst projects,
peace-building initiatives, places for regeneration and healing

additional focus topics in different countries:

MONGOLIA + GUAM + VANUATU

research on ancient healing methods

ISRAEL + PALESTINE

Trauma + Conflict Resolution \ workshop participation

Gina Ross, International Trauma-Healing Institute

www.healingtrauma.org.il

BRAZIL

Apprenticeship Challenge Lab \ 10-week workshop facilitation

for The DO School in cooperation with Sinal do Vale

www.thedoschool.orgwww.sinaldovale.org

PHILIPPINES + INDIA

studies of awareness training methods and meditation facilitation,

e.g. Buddhist and other meditations, Inner Dance, Reiki

BEIJING, CHINA

Cultural Entrepreneurship Challenge Lab \ 3-week workshop facilitation

for The DO School in cooperation with x-lab Tsinghua University

RWANDA

Secondary School Groupe Scolaire Saint Jérôme, Janja \ voluntary teacher

Artisans de la Paix (APAX) + Rwanda Kolping Society \ voluntary reporter

since AUGUST 2012

CREATIVE COACH \ FACILITATOR \ AUTHOR

freelancer

www.helenahenneken.com

since JANUARY 2010

COMMUNICATION CONSULTANT

freelancer

JANUARY 2009 – DECEMBER 2009

SABBATICAL

world trip: Asia, Australia, South America

Tarayana Foundation, Bhutan \ voluntary communication consultant

www.tarayanafoundation.org

MAY 2006 – DECEMBER 2008

EVENTLABS GMBH \ now: NEST ONE GMBH, HAMBURG

head of strategy + concept \ conceptual designer + project manager

www.nest-one.com

DECEMBER 2005 – APRIL 2006

PETER SCHMIDT GROUP GMBH, HAMBURG

brand consultant + project manager

www.peter-schmidt-group.de

APRIL 2004 – NOVEMBER 2005

ENTERPRISE IG GMBH \ now: SUPERUNION, HAMBURG

junior consultant

www.superunion.com

EDUCATION

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| since 2020 | STUDIES OF VISIONARY CRANIOSACRAL WORK ongoing training | www.milneinstitute.com |
| since 2017 | STUDIES OF THEORY U Presencing Institute MITx, courses from Massachusetts Institute of Technology u.lab 0x: Leading Change in Times of Disruption u.lab 1x: Leading from the Emerging Future Transforming Capitalism Lab u.lab-S: Societal Transformation Lab GAIA Journey | www.presencing.org |
| 2012 | CERTIFIED SYSTEMIC COACH die coachingakademie, Hamburg | www.die-coaching-akademie.de |
| 2004 | DIPLOMA IN COMMUNICATION (distinction) Berlin University of Arts course: Communication in Social and Economic Contexts major in: Strategic Planning + Audio-Visual Communication | www.udk-berlin.de |
| LANGUAGES | German: native \ English: fluent \ Spanish: advanced French+ Portuguese: basic \ Farsi + Russian: beginner | |

PUBLICATIONS (selection)

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| since 2020 | FÜR iDA. Someday is now. podcast | www.fuer-ida.co |
| since 2017 | HELIDAPSI A journey. character \ coloring book | www.helidapsi.com |
| 2014 | THEY WOULD ROCK – 59 DAYS IN IRAN book, publishing house Gudberg Nerger SPIEGEL ONLINE interview \ travelogue \ photographs MINDART article \ photographs | www.theywouldrock.com www.spiegel.de |
| 2015 | PUBLIK-FORUM EXTRA Thema article \ photographs | www.publik-forum.de |

AWARDS

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| 2014 | GLOBETROTTER OF THE YEAR Globetrotter Ausrüstung YOUNG EXCELLENCE AWARD (Shortlist) Börsenblatt des Deutschen Buchhandels | www.globetrotter.de www.boersenblatt.net |
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ADDITIONAL PROJECTS (selection)

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| 2016 | WORLD SALON 2016 Unimagined Meetings and Concepts of Life in an Islamic Country talk on the power of human encounters to bridge cultural boundaries and spark curiosity | www.connectworlds.org |
| since 2015 | 040x040 curator and contributor of a new exchange program initiated by and for creators and innovators from Malmö and Hamburg | www.040x040.com |
| since 2012 | SALON DER WISSENSLÜCKEN \ SALON OF KNOWLEDGE GAPS co-founder and host of regular events, which aim to mutually close knowledge gaps | |

REFERENCES (selection)

AGENCIES The Brand Union, Brands Alive, CE+Co, Metadesign, Mutabor Design, Nest One, Peter Schmidt Group, Triad \ ASSOCIATIONS ADC Germany, AFS Germany, Berliner Kommunikationsforum, BMW Foundation, The DO School, Helga Breuninger Stiftung, Körber-Stiftung, Projekt Yoga, Sinal do Vale, Tarayana Foundation, x-lab Tsinghua University \ AUTOMOBILE Audi, BMW, Continental, Mercedes-Benz, Mini, Volkswagen \ CHEMICAL INDUSTRY Clariant \ COMMUNICATION E-Plus, o2, Telekom \ COSMETICS Beiersdorf, Guhl, ITC Limited India, Procter & Gamble Japan \ FASHION Adidas, s.Oliver \ FOOD + DRINKS The Coca-Cola Company, Mars Inc., Unilever \ LOGISTICS Kühne + Nagel \ MEDIA Bertelsmann, Carlsen Verlag, Gruner + Jahr, MairDumont, STARnetONE, ZDF \ TECHNOLOGY Bechtle direct, Philips, Visionstage \ TRAVEL TUI, TUI Cruises

TRAVELOGRAPHY

ASIA Bhutan, China, Hong Kong, India, Indonesia, Iran, Israel, Kyrgyzstan, Malaysia, Mongolia, Palestine, Philippines, Singapore, South Korea, Thailand, Turkey, Uzbekistan \ AFRICA Morocco, Namibia, Rwanda, South Africa, Tanzania \ NORTH AMERICA Cuba, Guatemala, Mexico, USA \ SOUTH AMERICA Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Peru \ EUROPE Austria, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Netherlands, Portugal, Spain, Sweden, Switzerland, Turkey, United Kingdom \ AUSTRALIA + OCEANIA Australia, Guam, Vanuatu