



Katharina Mährlein

I WOULD DESCRIBE MY BACKGROUND AS ...

as guided by the interest in the human inner world (my mother was a doctor of psychiatry), ... shaped by my extensive experience with people in exceptional situations as an occupational therapist in psychiatry, as a trainer, consultant and coach in competitive business enterprises.

crisis-tested. After 20 years of being self-employed, nothing human is alien to me.

I like to think of myself as a workshop-manager for experience-oriented trainings with horses as sparring-partners.

I HAVE LEARNED A LOT ...

from small owner-managed companies over medium sized businesses to big corporations. Automotive, pharma, banks, central bank, insurance, administration, telecommunication, TV, technology, municipal institutions, social institutions, institutions for continuing and further education...

The demands on the people in the respective companies and sectors vary, depending on size and industry – the needs of the people are always the same.

I ...

was born in 1965, have two grown-up daughters and two granddaughters.

live with a horse and a dog in Germany.

am a bestselling author about the topics of resilience and mindfulness (Die Bambusstrategie)

have been training for 20 years mostly executives with focus on their inner strength.

OTHERS SAY ABOUT ME ...

that my inputs are practicable and can be integrated even into the most stressful daily routine without additional expenditure of time.

that I communicate complex matters with humour and in a motivating and easily understandable way.

that I am down-to-earth, pragmatic, concrete and hands-on.

KATHARINA
MÄHRLEIN'S
ENTERTAINING AND
PRACTICE-ORIENTED
RESILIENCE-TRAINING
IS ALWAYS A
HIGHLIGHT.

OTHER THINGS YOU SHOULD KNOW ABOUT ME ARE ...

that I am campaigning for the advancement of mental health and quality of life through my project Soul@Work.

that in my spare time I love to go hiking with my horse and my dog.

that I practice Yoga and meditation and

still like to dance the night away at the disco.

MAIN FOCUS

Resilience und Mindfulness |
Speaker | Bestseller Author

ACADEMICAL CAREER

Accredited Ergotherapist
University degree in Journalism,
Psychology and Sociology
MSc Systemic and Analytic
Coaching
Licensed Lifo®-Analyst, LPC Munich
Certification as PERSOLOG® Stress
Model

METHODS

Train the Trainer/Coach
Integration of mindfulness-
techniques@work
Experience oriented hands-on
workshop with horses
Mediation
Keynote speeches

