



MINDFULNESS & RESILIENZ

Mindful Leadership | Mindful Teams | Mindful Self
| Resilience for Individuals and Teams

TRANSFORMATION & CHANGE

Organizational development | New Work & New
Mindset | Cultural Transformation | Team
development & workshops | Insights Discovery®

LEADERSHIP & COACHING

Coaching | (Self) Leadership in times of crisis |
Positive Leadership | Remote Leadership |
Coaching of leadership teams

VITA

- Since 2014: Owner of SABINE LANGROCK Resilience | Change | Coaching. Systemic organizational consultant, coach, expert for mindfulness & resilience
- Previously 16 years of management and project tasks in talent management, change management, organizational and personnel development
- Master of Business Administration and M.A. Human Resources Development

TRAINING AND FURTHER EDUCATION

- Certified Trainer for Mindfulness in Organizations (MIO) - Mindful Leadership Institute MLI/ Trigon
- Virtual Facilitation - Virtual Collaboration Campus & Berlin Change Days
- Facilitate Theory U - Kommunikationslotsen/ Generative Facilitation Institute
- New Work Design - Dark Horse Innovation
- Insights Discovery® Licensed Practitioner - Insights Group Deutschland GmbH
- Trainer Psychological Health & Stress Management - GKM-Institut
- Resilience Compact for Trainers and Consultants - Resilienzforum Berlin
- Mindfulness Training/ MBSR, Mindfulness Practice - Tibethaus Frankfurt, Buddhas Weg
- Systemic Coaching & Team Development - Institute for Systemic Consulting Wiesloch
- Change-Management Curriculum - frankfurter gruppe unternehmensentwicklung
- Agility, design thinking, leadership, embodiment, large group methods, hypno-systemic life balance, hypnotherapeutic approaches to depression & burnout...
- Internship at the sysTelios private clinic for psychotherapy and psychosomatic health development, network partner of sysTelios Transfer
- Regular quality assurance and intervision in the context of a systemic peer group

WAY OF WORKING

- My systemic approach provides a holistic view of multiple perspectives and different realities. I always take into account the connections and interdependencies between actors and actions.
- I am convinced that we already have all the resources that are needed to achieve our goals. By listening carefully, questioning, reflecting and appreciating different perspectives, these resources can emerge to the surface during the consulting process.
- I am in a state of flow when I succeed in facilitating new perspectives - even for seemingly challenging issues. I am motivated to create trusting spaces for reflection and dialogue, allowing new answers and also new questions to emerge.
- It is important to me that my formats lead to implementable solutions which fit the context and reality of my respective client. That's why I don't offer off-the-shelf consulting or coaching.
- In both face-to-face and virtual formats, I create a trusting, appreciative atmosphere. And a touch of ease may also be included.

INDUSTRY EXPERIENCE

Financial services, pharmaceuticals, chemicals, IT consulting, strategy consulting, legal consulting, steel industry, airport & flight control, measurement & control technology, planning & construction, fleet & mobility solutions, university etc.

WORKING LANGUAGES

- German
- English



SABINE LANGROCK
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