



## 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

## TRAINING AND FURTHER EDUCATION

- Master of Business Administration and M.A. Human Resources Development
- Certified Trainer for Mindfulness in Organizations (MIO) - Mindful Leadership Institute MLI/ Trigon
- MSC Advanced Course - Dörte Westphal & Lienhard Valentin
- 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
- Continuous trainings: e.g. Virtual facilitation, agility, design thinking, leadership, Co-Resolve, Integral Model & Spiral Dynamics, 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 intervention

## WORKING LANGUAGES

- German
- English

## MAIN AREAS OF CONSULTING

### MINDFULNESS & RESILIENCE

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 | Coaching of leadership teams

## INDUSTRY EXPERIENCES

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.

## WAY OF WORKING

- **Ressource and solution oriented:** 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 during the consulting process.
- **Systemic and holistic:** I focus on the context, the system, and the connections and interdependencies between actors and actions in my consultations. I provide space for new thinking, feeling and acting through the integration of body, mind and soul.
- **Appreciative and present:** 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 new questions to emerge. I encourage you to pause and to become aware of what is emerging at the very moment.
- **Individual and with impact:** It is important to me that my formats produce solutions that can be implemented and that fit the context and reality of my clients. That's why I don't offer off-the-shelf consulting or coaching.