

## FACILITATING \ COACHING \ CREATING

## ENABLING INDIVIDUALS, TEAMS AND ORGANIZATIONS

to actualize potential  
to embrace change  
to co-discover, co-develop and co-realize ideas and innovations for people, society and businesses

## DEVELOPMENT AND FACILITATION

of transition processes  
of (social) innovation processes  
e.g. through  
creative workshops and experiences  
learning journeys and experiments  
team development

## CREATION

of inspirational talks, texts, visuals  
of communication ideas, formats, platforms

## EXPERIENCE

## SINCE MAY 2016

## EXPLORING \ WORKING \ CONNECTING AROUND THE WORLD

## ISRAEL \ PALESTINE

exploration of and connection with diverse communities,  
social change catalyst projects and peace-building initiatives  
workshop participation: Trauma + Conflict Resolution  
Gina Ross, International Trauma-Healing Institute

[www.healingtrauma.org.il](http://www.healingtrauma.org.il)

## BRAZIL

Apprenticeship Challenge Lab \ 10-week workshop facilitation  
for The DO School in cooperation with Sinal do Vale  
exploration of and connection with diverse communities  
and social change catalyst projects

[www.thedoschool.org](http://www.thedoschool.org)  
[www.sinaldovale.org](http://www.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

FACILITATOR \ CREATIVE COACH \ AUTHOR  
freelancer

[www.helenahenneken.com](http://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](http://www.tarayanafoundation.org)

## MAY 2006 – DECEMBER 2008

EVENTLABS GMBH \ now: NEST ONE GMBH, HAMBURG  
head of strategy + concept \ January 2008 – December 2008  
conceptual designer + project manager \ May 2006 – December 2007

[www.nest-one.com](http://www.nest-one.com)

## DECEMBER 2005 – APRIL 2006

PETER SCHMIDT GROUP GMBH, HAMBURG  
brand consultant + project manager

[www.peter-schmidt-group.de](http://www.peter-schmidt-group.de)

## APRIL 2004 – NOVEMBER 2005

ENTERPRISE IG GMBH \ now: SUPERUNION, HAMBURG  
junior consultant

[www.superunion.com](http://www.superunion.com)

## JUNE 2018

## EDUCATION

- 2017 – 2018 STUDIES OF THEORY U [www.presencing.org](http://www.presencing.org)  
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
- 2012 CERTIFIED SYSTEMIC COACH [www.die-coaching-akademie.de](http://www.die-coaching-akademie.de)  
die coachingakademie, Hamburg
- 2004 DIPLOMA IN COMMUNICATION (distinction) [www.udk-berlin.de](http://www.udk-berlin.de)  
Berlin University of Arts  
course: Communication in Social and Economic Contexts  
major in: Strategic Planning + Audio-Visual Communication
- LANGUAGES German: native \ English: fluent \ Spanish: advanced \ French+ Portuguese: basic  
Farsi + Russian: beginner

## PUBLICATIONS (selection)

- 2014 THEY WOULD ROCK – 59 DAYS IN IRAN [www.theywouldrock.com](http://www.theywouldrock.com)  
book, publishing house Gudberg Nerger
- SPIEGEL ONLINE [www.spiegel.de](http://www.spiegel.de)  
interview \ travelogue \ photographs
- MINDART  
article \ photographs
- 2015 PUBLIK-FORUM EXTRA Thema [www.publik-forum.de](http://www.publik-forum.de)  
article \ photographs

## AWARDS

- 2014 GLOBETROTTER OF THE YEAR [www.globetrotter.de](http://www.globetrotter.de)  
Globetrotter Ausrüstung
- YOUNG EXCELLENCE AWARD (Shortlist) [www.boersenblatt.net](http://www.boersenblatt.net)  
Börsenblatt des Deutschen Buchhandels

## ADDITIONAL PROJECTS (selection)

- since 2017 HELIDAPSI [www.helidapsi.com](http://www.helidapsi.com)  
A journey  
creation of character and coloring book
- 2016 WORLD SALON 2016 [www.connectworlds.org](http://www.connectworlds.org)  
Unimagined Meetings and Concepts of Life in an Islamic Country  
talk on the power of human encounters to  
bridge cultural boundaries and spark curiosity
- since 2015 040x040 [www.040x040.com](http://www.040x040.com)  
curator and contributor of a new exchange program initiated  
by and for creators and innovators from Malmö and Hamburg
- since 2012 SALON DER WISSENSLÜCKEN \ SALON OF KNOWLEDGE GAPS  
co-founder and host of regular events,  
which aim to mutually close knowledge gaps

## TRAVELOGRAPHY

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

## REFERENCES (selection)

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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 Guhl, ITC Limited India, Nivea, 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