

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

MONGOLIA + GUAM + VANUATU

research on ancient healing methods,
exploration of and connection with diverse communities

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

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

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

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

- 2017 – 2019 STUDIES OF THEORY U 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
 u.lab-S: Societal Transformation Lab (with Sinal do Vale)
- 2012 CERTIFIED SYSTEMIC COACH www.die-coaching-akademie.de
 die coachingakademie, Hamburg
- 2004 DIPLOMA IN COMMUNICATION (distinction) www.udk-berlin.de
 Berlin University of Arts
 course: Communication in Social and Economic Contexts
 mayor 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
 book, publishing house Gudberg Nerger
- SPIEGEL ONLINE www.spiegel.de
 interview \ travelogue \ photographs
- MINDART
 article \ photographs
- 2015 PUBLIK-FORUM EXTRA Thema www.publik-forum.de
 article \ photographs

AWARDS

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

ADDITIONAL PROJECTS (selection)

- since 2017 HELIDAPSI www.helidapsi.com
 A journey
 creation of character and coloring book
- 2016 WORLD SALON 2016 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
 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

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

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