

## FACILITATING \ COACHING \ CREATING

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### 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

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### 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](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 \ conceptual designer + project manager

[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)

## EDUCATION

|   |  |                              |
|---|--|------------------------------|
| 2017 – 2019   | STUDIES OF THEORY U<br>Presencing Institute<br>MITx, courses from Massachusetts Institute of Technology<br>u.lab 0x: Leading Change in Times of Disruption<br>u.lab 1x: Leading from the Emerging Future<br>Transforming Capitalism Lab<br>u.lab-S: Societal Transformation Lab (with Sinal do Vale) | www.presencing.org           |
| 2012  | CERTIFIED SYSTEMIC COACH<br>die coachingakademie, Hamburg  | www.die-coaching-akademie.de |
| 2004  | DIPLOMA IN COMMUNICATION (distinction)<br>Berlin University of Arts<br>course: Communication in Social and Economic Contexts<br>major in: Strategic Planning + Audio-Visual Communication  | www.udk-berlin.de            |
| LANGUAGES German: native \ English: fluent \ Spanish: advanced \ French+ Portuguese: basic<br>Farsi + Russian: beginner |  |                              |

## PUBLICATIONS (selection)

|      |  |   |
|------|--|---|
| 2014 | THEY WOULD ROCK – 59 DAYS IN IRAN<br>book, publishing house Gudberg Nerger<br>SPIEGEL ONLINE<br>interview \ travelogue \ photographs<br>MINDART<br>article \ photographs | www.theywouldrock.com<br><br>www.spiegel.de |
| 2015 | PUBLIK-FORUM EXTRA Thema<br>article \ photographs  | www.publik-forum.de                         |

## AWARDS

|      |  |   |
|------|--|---|
| 2014 | GLOBETROTTER OF THE YEAR<br>Globetrotter Ausrüstung<br><br>YOUNG EXCELLENCE AWARD (Shortlist)<br>Börsenblatt des Deutschen Buchhandels | www.globetrotter.de<br><br>www.boersenblatt.net |
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## ADDITIONAL PROJECTS (selection)

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

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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 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