

# PROFILE

## MAG. WERNER LANDSGESSELL



### KEY FOCUS AREAS

- ▷ Business Coaching
- ▷ (Work-) Psychological Counselling
- ▷ Performance Coaching
- ▷ Stress Management
- ▷ Communication and Rhetoric

### ABOUT

“Because I’m actually quite different, but I only get to do it so rarely.”  
(Ödön von Horvath)

Two souls have always lived in my chest. The passion for acting and psychology. I gave in to both. After a few years of studying psychology, I finally devoted myself entirely to the theatre world and trained as an actor at the Vienna Conservatory. Exciting and instructive years took me to different stages in Germany, Austria and Luxembourg, such as the Volksoper Wien, the Stadttheater Klagenfurt or the Theatre National de Luxembourg, until my second soul also came into its own and I finished my psychology studies. Since then, I have combined my knowledge of body language, rhetoric, teamwork, dramaturgy, improvisation and dealing with pressure situations in various fields with psychological expertise.

Psychology and acting became my destiny and theatre became my parable: On the stage of life, as a coach and consultant, I accompany others in developing the appropriate private and professional roles in which the personal potentials are best shown to advantage and Horvath’s sentence that “one so seldom comes to what one is” loses its validity. As a business trainer, I use theatrical methods to make topics such as teamwork and customer contact tangible and workable in a vivid way. As a passionate improvisation theatre actor, I bring humour and innovative aspects into events, workshops and seminars together with colleagues.

In doing so, I draw from my personal pool: In addition to my training as a business coach, business trainer, clinical and health psychologist and certified occupational psychologist, this includes my professional experience as a coach and trainer specialising in career planning and as an occupational and organisational psychologist at the Kepler University Hospital in Linz.

According to Shakespeare, “all the world’s a stage and all the women and men mere players”, in whose capacity for development and growth I unshakably believe.

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## EDUCATION

- ♥ Degree in Acting
- ♥ Degree in Psychology
- ♥ Certified Occupational Psychologist
- ♥ Clinical and health psychologist
- ♥ Business Coach
- ♥ Business Trainer
- ♥ Wingwave Coach

## TRAINING, COACHING & CONSULTING

- ♥ Business and Performance Coaching
  - ♥ Professional role design
  - ♥ Establishing contact
  - ♥ Body language
  - ♥ Presence and status
  - ♥ Flexibility and repartee
  - ♥ Professional conversation situations
- ♥ Occupational psychology Coaching:
  - ♥ Occupational overload
  - ♥ Anxiety and stress management
  - ♥ Mental hygiene
  - ♥ Resilience
  - ♥ Work/life balance
  - ♥ Dealing with kindness pressure
- ♥ Executives
- ♥ Business and improvisation theatre on various topics (leadership, teamwork, customer contact, conflicts, etc.)

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## CREDENTIALS

- ✦ Unilever Austria
  - ✦ Topics: Charisma and presence training, Coaching
- ✦ Allianz Group Austria
  - ✦ Topics: Teamwork-Training
- ✦ Kastner Group
  - ✦ Topics: Leadership training for top management using theatre methods
- ✦ Leadership Academy
  - ✦ Topics: Workshops for leaders at all levels of the Austrian education system, Theatrical interventions.
- ✦ Federal Ministry for Europe, Integration and Foreign Affairs
  - ✦ Topics: Evaluation of mental stress in the workplace incl. workshops and interviews for the development of improvement measures.
- ✦ Donau-University Krems
  - ✦ Topic: Course Psychodynamics and Disability Care (Conversation)
- ✦ Works Council Academy Lower Austria
  - ✦ Topics: Rhetoric and communication seminars
- ✦ Various companies of different sizes
  - ✦ (Selection: Biotherm, Coca Cola, Maresi, Pfizer, Rewe Group, Siemens, Unicredit Bank Austria AG, University of Vienna)
  - ✦ Topics: Improvisational theatre performances, theatrical interventions at conferences, events and workshops.

## CONTACT

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