



VIVIENNE DÜBBERT

SPEAKER - TRAINER - COACH



CHANGE YOUR MINDSET: NEW PERSPECTIVES

RESILIENCE - STRESS MANAGEMENT - MOTIVATION

Change begins in your head: high-performance, intrinsic motivation and mental fitness with a new "mindset"!

WHAT DO I STAND FOR?



high energy



motivation



inner peace

MY CONCEPT



Holistic approach: "Docking station" for your mind, body and soul

My focus: **people**

My goal: **"Change your Mindset" - new perspectives!**

My motto: **LIVE.YOUR.LIFE.**

We live in a fast-paced, high-performance, time-pressured and result-driven world. We hardly ever get to rest, we tend to lose ourselves, too busy to consider what we really need. I motivate people, inspire them and give them hope and courage to find and (re)activate their own resources. Only then are they able to strengthen their inner mental power and resilience in order to cope with stress. I teach practical techniques to stay calm in stressful situations and act solution-oriented during challenging times, remaining high-achievers. It is my goal to inspire people to implement their strengths in order to achieve their goals and, at the same time, learn how to recharge their batteries.

The foundation of our personal satisfaction lies in our mindset. My „Change your Mindset“ speeches, trainings and coachings are based on neuro-scientifically proven, psychological and holistic methods, which increase positive thinking, inner strength and emotional intelligence (EQ). Interaction, active participation, physical movement and openness for new ideas are important requirements for a profitable result and sustainability of the program!

Training/Speaking



Coaching/Mentoring



Yoga Personal Training



Bodywork



MY STRENGTHS

BUSINESS EXPERIENCE

16 years of international business experience, in big corporations and medium-sized companies (USA/New York, France/Paris, Germany, Austria, Bali)

-> Focus:

Retail management & service excellence

Executive management & leadership

Business development & change management

Employee development: recruitment, training & employee coaching

Field work (Sales & Regional Management)

Head office (Retail Direction & Marketing)

Travel Retail (Supervisor/Regional Manager for 18 luxury brands in Germany & Austria)

Retail Director Germany (L'Oréal Luxury Division/Kiehl's)

-> Focus:

Retail management (strategy, budget responsibility, sales activities)

Negotiations & POS openings

Leadership & recruitment

Business development & operational management

Service excellence & team spirit

Merchandising & marketing

ENTREPRENEURSHIP

Co-Founder of "Suravi Spa" - Ayurvedic retreat center (Bali/Ubud)

Business development for a new four star hotel "Alaya Jemabawan" (Bali/Ubud)

vividbalance - LIVE.YOUR.LIFE

Speaker, Trainer, Coach and Yoga Personal Trainer

TRAINING

+ 1200 hours of personal development and mental training on how to increase high-performance, resilience, stressreduction and intrinsic motivation

LANGUAGES

Trilingual (German, English, French)

CUSTOMER FEEDBACK

Najate Bouhachlef, HR Manager Central Europe, ASICS

I had the great pleasure, to obtain Vivienne Dübbert as our trainer for several workshops split up into numerous sessions. Vivienne is a highly professional trainer with passion and a business expert in many different areas of expertise. She puts all her effort into her ideas, adapts to her target group as well as the company's corporate culture and she truly understands the needs of her customers. Being honest by nature, she consults authentically, creating and securing an optimal concept for her client. Vivienne's workshops are on the one hand filled with professionalism and on the other hand with a steady good mood, high energy and empathy. The participants feel inspired and motivated at the same time. In particular her unstoppable commitment and efficient preparation make working with Vivienne very enjoyable and result-oriented. It was and is a great pleasure for us to be working on matching concepts with Vivienne, following her ideas, while organising the workshops with her. I am looking forward to continuing working with her in 2017.

Christine Fink, Director Employee Development, cosnova GmbH

We booked a work-life-balance seminar with Vivienne, with the goal to boost the energy and motivation our employees. Our teams were given the chance to learn how to better cope with stressful situations, increasing their good mood and inner strength, while dealing with daily business. Vivienne achieved all that through her sincere, sympathetic and yet professional way. We were all impressed and are offering the same workshop again in September.

Anika Gaurilavas, Vice President, Team Manager, Bank of New York Mellon

Vivienne enthused us with her „Change your Mindset“ Workshops and taught us efficient, easily adaptable methods for dealing with stress, pressure and ongoing changes. We now feel strengthened and motivated, with an increased self-awareness and new perspectives! We decided to book several of her 3 hours mini-workshops, to reach out to a maximum of different groups. She adapted her program to our needs in a very professional and cooperative manner. We were impressed on how Vivienne transmitted such demanding and valuable input with her energetic, electrifying and inspiring way of presenting. We learned many new tools and are looking forward to more trainings and speeches from Vivienne in our corporation!

Dipl. Wirt. Ing. Kai Dase – General Manager Caspar & Dase GmbH

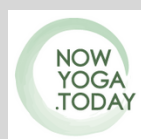
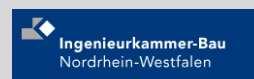
Inspiring and loaded with pure energy! Vivienne Dübbert's speech „Change your Mindset“ is the best I have heard in a long time. She is able to combine her extensive knowledge and experience in a very unique way – amazing! Thank you!

Timo Klösch, Human Resources Development, STRABAG SE

This woman will fascinate you even before she has said one word. She walks her talk, which you can feel every second of her performance. The stage is her “home”, she therefore invites each and everyone into her “living room” in a loving way. Quick-witted, charming and powerfully eloquent – you just want to see and hear more from her!

"Great "Change Your Mindset" workshop! Thank you so much!" - Thomas

"Yes indeed great workshop, my favorite feature was the "energizer" :) - Sabine



CHANGE YOUR MINDSET TRAININGS

CHANGE YOUR MINDSET (CYM) I

Focus: Resilience, stress management, intrinsic motivation

Target group: everybody (voluntary participation preferred)

Duration: 1 – 2 days (or mini-workshops for 3-4 hrs)

Content: Neuro-scientific facts, cognitive methods and mental training, as well as relaxation techniques and physical movement (e.g. yoga, breathing techniques, meditation, progressive muscle relaxation) to fight and reduce peak stress levels

CHANGE YOUR MINDSET II - RELOADED

Focus: CYM Follow-up Training (3-6 months later)

Target group: same as CYM I

Duration: 1 – 2 days

Content: Repetition and intensification of the subjects from CYM I, as well as new techniques to increase stress reduction and resilience

CHANGE YOUR MINDSET III

Focus: Stress management, resilience and solution-oriented work: how do I communicate effectively and react result-oriented?

Target group: everybody, especially leading managers and executives with intensive employee and customer interaction

Duration: 2 days

Content:

Part 1 (CYM I) : Neuro-scientific facts, cognitive methods and mental training as well as relaxation techniques and physical movement (yoga, breathing techniques, meditation, progressive muscle relaxation) to fight and reduce high stress-levels

Part 2 (Communication) : How do other people function and what do I need to communicate effectively?

Communication patterns: understanding the other's model of the world (superior, employee, colleagues, clients) to create a positive and result-oriented work environment and communicate effectively

(techniques: color typology, meta programs, meta-model of the language, DESC, S.C.O.R.E., 4 sides of a message, 6 thinking hats, 3 positions of perception)

CHANGE YOUR MINDSET

INSPIRATIONAL KEYNOTE SPEECHES

Duration: 45 - 90 minutes

Keynote examples:

Stress management & resilience

- Manage your „daily business high-performance sports”
- Facts about stress
- How does our brain function during stress and overload? (brain user v. brain owner)
- Positive focus & priming: what can I do to motivate myself and manage my daily business with energy and passion?
- How can I keep my motivation burning?
- Energy boost, stress management & intrinsic motivation with practical techniques to cope with stress, prevent burn-outs, find a healthy balance between work and private life
- Neuro-science and positive psychology

Interactive speech with techniques to adapt immediately

- Sportive short exercises to boost energy and motivation
- Breathing technique to reduce stress
- Mind exercises to adapt a healthy distance to the problem and change perspectives
- How do I deal with my „inner critic“?

Communication

- How do I function and what does the other need?
- How do I communicate effectively and result-oriented, adapted to different people
- Everyone has her/his own model of the world!

Motivation: Self - & Teammotivation

Change Management

- Trust in change
- Using the change formula : $P \times P \times R > 0$ (Pull v. Push Motivation)

Leadership & Teamspirit

- Lead with your heart, not only your head
- You are only as strong as your team!

CHANGE YOUR MINDSET

MINI-WORKSHOPS

You cannot take your employees out of the daily business for one whole day and you still want to motivate them and develop their stress management capabilities?

Then book a **mini-workshop** to increase your employees' inner strength and work satisfaction!

Duration: 3-4 hours

Number of participants: 15-20

Target group: everybody

Subject: Stress management, resilience & motivation

In these workshops your employees will learn how to:

- reduce their stress level
- better cope with pressure and change
- increase their motivation
- boost their energy and strength
- build mental strength

Easily adaptable techniques:

- Effective breathing techniques to reduce stress
- Sportive short exercises to be used in the work environment
(1 minute power exercises)
- Mental training
(e.g. find a healthy distance to challenges in order to act, communicate and work effectively)
- State management
(get into a positive state through a specific physical poisture to increase a positive effect on others)

Achieve success with wingwave-coaching



wingwave® success Coaching

obtain peak performance - clear blockades - find inner balance
effective short-term coaching method for manager, leaders and athletes

To reach your personal and professional goals, use wingwave coaching, an approved short-term-coaching-concept, which combines established and well researched psychologic coaching elements. For more than ten years managers, artists, trainees, students, athletes and actors have made use of the wingwave method to reach their goals and gain success. wingwave coaching optimizes your productivity and creative ability by stabilizing your emotional and mental balance – easing challenging and demanding situations in particular.

How Does wingwave work?

Stress, unpleasant memories of past events, or imagining future situations can all act like a splinter in a wound that keeps the wound from healing: The experience continues to have a negative effect on someone's well-being and impede his/her performance.

Everyone knows how it feels to be hurt, insulted, angry, embarrassed, etc. Under normal circumstances these emotions fade and one "gets over them." Thinking of the past event no longer causes an unpleasant feeling. If this is not the case, e.g. if the "negative" emotions do not fade, they are not completely processed (time has not "healed all wounds"). The person is "stuck" in old conflicts which can lead to a secondary problem in forms of thinking patterns like "Every time I do X, Y happens to me." But why?

During moments of intense stress, both brain hemispheres no longer cooperate in an optimal way. The flow in processing experiences and emotions associated with those experiences is disrupted. The emotions get "stuck." Under normal circumstances stressful events are being dealt while sleeping. During the REM phase (Rapid Eye Movements) our eyes move horizontally, and our stressful and traumatic experiences are processed. Hence, it is the perfect self-healing procedure for emotional upheaval.

The increasing level of stress many people are exposed to every day keeps them from processing stressful events during their sleep. Restless sleep and sleeping pills can completely impede the important REM phase which leads to a constant feeling of pressure and makes relaxation difficult while awake. Emotions that are associated with certain events in the past or with the idea of future events cannot be effectively processed. The situation can be compared to a CD that has a scratch: the processing gets stuck in the nervous system at a certain point.

Simulation Of "Awake" REM Phases

wingwave intervention actually simulates a REM phase while the client is awake. The client's eyes following the coach's fingers waving in front of his/her face and the "stuck" emotions begin to be processed at a rapid rate. The eye movements – that can also be replaced by auditory or tactile stimuli – allow the brain hemispheres to work together in a coordinated way and the previously "stuck" emotions start to "move" again. The mental block that was caused by extreme stress disappears.

During this process the client may experience some intense feelings, but they are perfectly endurable and do not last longer than a minute. As the intervention completely reactivates the formerly blocked mental capacities, it enables the brain to find its own creative solutions, making use of its already existing resources. So the client can gain some surprising wisdom and flashes of insight during the intervention. The effects of wingwave coaching can be reinforced, if necessary, with the methods of NLP (Neuro Linguistic Programming).

A portrait of Vivienne Dübbert, a woman with blonde hair pulled back, smiling warmly. She is wearing a grey blazer over a green top and a light-colored scarf with a dark, intricate pattern. The background is a dark, textured wall.

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