

Supervision

“The world becomes human through our ability to talk about it.”

Hannah Arendt

Naming, recognizing, changing

From literature and cultural studies I bring the ability to look closely and deeply. From supervision, I bring the ability to view things from different perspectives and thereby initiate change.

Language is my tool.

In my work I want to create spaces in which it becomes possible to speak about issues, strengthen resources, using humor as my ally. I am good at putting my perceptions into words and at helping others to find their own words for their own perceptions.

Acting mindfully

I can support people in developing mindfulness in their interactions with themselves and with others. My focus is on the individual, on the dynamics within groups, and on systems as a whole.

Fields I work in

- **Higher education** (students/teachers/professors/general staff)
- **Social and health care** (social work, counseling, care)
- **Expanding one's professional repertoire**
- **Support in challenging situations, burnout prevention**
- **Interculturality, diversity**
- **Support in professional change processes**
- **Support for writing projects, dealing with writing problems**

About myself



- Born in 1977
- Studied English/American Studies in Graz and the USA
- Lecturer at Austrian universities and universities of applied science (since 2003; literature and cultural studies)
- Trained writing coach and consultant (since 2009; writers' studio Vienna)
- Continuous training in group dynamics, consulting techniques and mindfulness
- Trained supervisor/coach (University of Vienna, 2016-2020, MSc.)
- Member of ÖVS – Austrian Association for Supervision and Coaching



All services are also available in English!

I work from my own practice in 1160 Vienna.