



PROFILE

DOROTHE TRASSL M.A.

EXECUTIVE SUMMARY

A globally operating trainer and coach since the early 2000s, Dorothe has founded her own brand 'E-motion', teaching and guiding individuals and therapists in trauma release techniques, personal development, emotional management, stress release and nervous system regulation.

QUALIFICATIONS

- M.A. Medieval Studies – Ludwig Maximilians Universität München
- Hons.BA. Psychology UNISA
- Careline certified Counsellor
- Psychotherapist (Non-medical practitioners act – HP psych)
- Conscious Coaching Certificate – Conscious Company
- Yoga Teacher (RYT 500)
- Trauma-sensitive Yoga Therapy
- Native language is German, fluent in English
- 20+ years of Coaching and Counselling experience

AREAS OF SPECIALTY

Trauma Release and Emotional Regulation

Dorothe coaches individuals and groups through conflict and difficult times with an emphasis on emotional regulation, co-regulation and nervous system reset. Subsequently she developed E-motion workshops and seminars where nervous system awareness, neuroceptive change, emotive techniques, trauma sensitive bodywork, embodiment, yoga, and mindfulness combine to allow for deep personal healing and transformation of wounds and triggers into strength and resources. Emotional maturity in leaders creates psychological safety and makes for enthusiastic and inspired teams.

Personal Development

Dorothe is passionate about assisting individuals and groups to be the true version of themselves - aware, authentic, real, and connected. To support the authentic and truthful expression of the full human potential she developed coaching strategies to release ego stories and behaviours, update vulnerabilities, drives and avoidances and connect to a higher version of self that is more resourceful, in flow, available and able to connect. Teams and individual leaders gain greatly from her short and effective introductions into personality psychology and compassionate understanding of (own and other's) human behaviours, emotions, and defenses. Optimized communication skills involving body and mind pave the way to a safe, effective, and healthy work environment.

Neuroception and Burn-Out Prevention

Dorothe has invented a simple and effective way of teaching nervous system awareness and stress regulation. Her clients learn to work with flow and ease, to detect unnecessary struggles and energy depletion and achieve fulfilment and efficacy. The result is more success, less burn-out, less defensiveness and higher productivity in teams and individuals.

CLIENTS

Dorothe has coached executives from companies such as: Zech, STRABAG, ALHO, Bertelsmann, Nike, BMW, Continental, and many more



STRATEGIC LEADERSHIP

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