

MEDIA KIT



CHRISTINE
RUDOLPH

PERSONAL
MENTOR
COACH
THERAPIST.

WWW.CHRISTINERUDOLPHCOACHING.COM

+49 174 185 62 18

OFFICE@CHRISTINERUDOLPHCOACHING.COM

ABOUT

Well-travelled globetrotter. Speaks six languages. Grew up in Germany and Hungary. Has lived in China, India and Indonesia. 16 years of work experience in and with Asia. She has a degree in international business administration, human resources and intercultural studies.

Christine is also a non-medical practitioner for psychotherapy, systemic therapist (DGfS) and coach, trauma therapist, polyvagal therapist, yoga therapist and aspiring clinical psychologist.

She deals with the topics of chronic stress and (self-)leadership in different cultures, with a particular focus on sensitive leadership and leadership culture in organisations.

For more than 25 years, she has been working with various clients around the world, with a strong focus on Asia, starting with India, Vietnam, Indonesia, Myanmar, Sri Lanka, China, to name just a few. The development of business structures for a European luxury brand was at the forefront of this.

As the managing director and founder of her consultancy, she supports her private clients worldwide with personal, individual guidance in finding their own way – often out of situations of upheaval or burnout – and in developing their life vision.

‘SinnReich’ is the credo of her guidance in nature.

‘Sensitive Leadership’ for people in leadership and organisations is the profound accompaniment for sustainable leadership.

She is a keynote speaker at various events, a lecturer in International Business Management at the Fresenius University of Applied Sciences in Cologne/Germany and works on Mallorca for various high-end recovery and rehabilitation clinics, among other things.



IN SHORT ;)

*Holistic Mentor
& Personal Companion in Times of Change*

Sensitive Leadership Mentor

Systemic Life & Business Coach with the focus on
Burnout, 45+ & personal times of radical transitions

Business Mentor

Intercultural Coach

International business studies with focus on
leadership, organisation, human resources

Banker

Brand & Business Developer

Copywriter

Psychotherapist (HPG)

Trauma therapist (integral EMDR)

Trauma therapist (SEI-Somatic Emotional Integration)

Polyvagal therapist

Systemic couple therapist

Systemic Constellation Worker

International Yoga Teacher
(Ashtanga I Sivananda I Yin I Restorative Yoga and
Founder/Owner of a Yoga School (2010 - 2020))



WHAT ELSE

*Lecturer & Author | Hochschule Fresenius -
University of Applied Sciences*

International Business Management
Strategic International Management
Global Management
Media & Event Management
Communications Management

Scientist & Researcher

Ongoing dissertation in the field of leadership
Study in Clinical Psychology (MSc.)



HISTORY

Business professional at international corporate level

23 years of business professional and experience in international conglomerates with stations in China (2 years) and India (1 year).

(1 year) as well as multidimensional stays over a total of 15 years in Vietnam, Laos, Cambodia, Thailand, Indonesia, Myanmar, Malaysia, India, Sri Lanka, Pakistan, Palestine, Israel, Dubai, HongKong, Singapore...

- International Business Development
- Strategy and market entry
- Management On-boarding in an International Environment
- Intercultural Communication
- Emerging Markets

55 markets in Asia, the Pacific, Eastern Europe and the Middle East

LONG STORY SHORT

Sensitive scanner personality

I am what is called a highly gifted and scanner personality. I have many interests, all of which I have put into practice. All my projects are in very different areas.

Growing up bilingual, learning three additional languages (and currently the fourth), cable holder in television in my youth, dental assistant in my younger years, then came the "real" apprenticeship as a banker (that was not an interest ;-), via working at an international airport in various areas (freedom & travel...), to business studies with an international orientation: in the field of human resources and organisation and international business, yoga teacher and former yoga school owner (10 years), trauma therapist, couples therapist, systemic therapist and coach, intercultural coach (there it is again, the orientation on a global level and between and with cultures), to book author, podcaster and lecturer at a university.

I have often been asked how I do "all that". Honestly, it has always been normal for me to be able to get into topics and people at lightning speed and to bring projects into the world.

At some point, I realised that not everyone is like that and then I found out about my giftedness.

It was a long way until then, and I had to question myself, because I often felt like I was from another planet.

In the meantime, I live all my facets with great joy and can let all this flow into my work with people. A great gift for me!



CHRISTINE RUDOLPH S.L.
OFFICE@CHRISTINERUDOLPHCOACHING.COM

