

MEDIA KIT



CHRISTINE
RUDOLPH

THERAPIST
MENTOR
COACH

WWW.CHRISTINERUDOLPHCOACHING.COM

+49 174 185 62 18

OFFICE@CHRISTINERUDOLPHCOACHING.COM

ABOUT

Well-travelled globetrotter. Multilingual. Six languages – four active. Raised in Germany and Hungary, later at home in Asia: lived in China, India and Indonesia. 16 years of professional experience in and with Asia – and 29 years overall in international business and corporate environments.

Christine Rudolph bridges real-life international business and psychological depth. She is a licensed non-medical practitioner for psychotherapy (HeilprG, Germany), trained in systemic work (DGfS), and works trauma-informed with body, attachment and the nervous system (incl. iEMDR, SEI and polyvagal-informed nervous system work). Her work also includes couples therapy/relationship counselling and parts work (inner parts; IFS-informed).

Her theme: chronic stress, major transitions and relationships – and what sits underneath. When people look “high-functioning” on the outside while living in constant inner alert. When the mind understands – but the nervous system hasn’t caught up yet. Christine also works in addiction and recovery contexts and with attachment injuries.

Based in Spain (Mallorca), Christine works internationally—online as well as in practice settings and in co-operation with selected clinics. Several times a year, she also supports clients in selected high-end recovery settings. “SinnReich” is her nature-based setting for real reorientation. For her, “Sensitive Leadership” is not about pushing harder, but about leading with clarity, connection and nervous-system literacy—without losing yourself in the process.

She is a lecturer and keynote speaker and is in the final stage of her M.Sc. in Clinical Psychology (focus: attachment, trauma sequelae, and the role of polyvagal theory in assessment and therapy).



PRESS BIO

Christine Rudolph is a licensed non-medical practitioner for psychotherapy (HeilprG, Germany), therapist and mentor.

She supports people who may appear highly functioning on the outside while struggling with chronic stress, attachment injuries, trauma- and relationship patterns, as well as addiction and recovery-related themes.

Her work is trauma-informed, systemic (DGfS) and nervous-system oriented (incl. polyvagal-informed work, iEMDR/SEI and parts work/inner parts). Based in Spain (Mallorca), she works internationally—online as well as in practice settings and in co-operation with selected clinics.

Several times a year, she also supports clients in selected high-end recovery settings.

She is a lecturer and keynote speaker and is in the final stage of her M.Sc. in Clinical Psychology.



IN SHORT ;)

*Holistic Mentor
& Personal Companion in Times of Change*

- Licensed non-medical practitioner for psychotherapy (Germany, HeilprG) | therapist | mentor
- Trauma-informed: iEMDR & SEI | polyvagal-informed nervous system work
- Systemic therapy & constellation work (DGfS)
- Parts work (inner parts; IFS-informed)
- Systemic couples therapy | relationship counselling
- Addiction & recovery contexts | attachment injuries
- Systemic life & business coaching – stress, burnout, reinvention
- 29 years of international business experience
- 16 years in business development & consulting in Asia (Asia specialist)
- Key Account Management & Business Development (Asia Pacific)
- Lecturer & keynote speaker
- Yoga – yoga teacher/therapist | founder/owner of a yoga school (2010–2020)



WHAT ELSE

Lecturer (incl. Fresenius University of Applied Sciences, Cologne; from 2027 SRH – The Mobile University)

International Business Management · Strategic
International Management · Global Management · Media
& Event Management · Communications Management ·
Clinical Psychology

ACADEMIA I FOCUS

M.Sc. Clinical Psychology (final stage)

Focus: attachment, trauma sequelae, polyvagal theory in
assessment & therapy



HISTORY

International Business

- 23 years as a business professional in international corporate environments
- 16 years in business development & consulting in Asia (Asia specialist)
- Key Account Management & Business Development (Asia Pacific)
- Strategy & market entry · emerging markets · intercultural communication · international project management
- Experience across 55 markets (Asia, Pacific, Eastern Europe, Middle East)
- Work/projects incl. China, India, Vietnam, Laos, Cambodia, Thailand, Indonesia, Myanmar, Malaysia, Sri Lanka, Hong Kong, Singapore ...

LONG STORY SHORT

Sensitive. Fast mind. Deep feeling. And an inner map that always sees more than one path at once. What some call a “scanner personality” or multi-potentialite, Christine experiences as a gift: recognising patterns – in people, relationships, cultures and systems.

Raised bilingual, collecting languages, changing continents. From banking and international business roles to running her own yoga school – and eventually to the one place where everything comes together: working with stress, trauma, attachment and relationships. Because behind many “I can’t function like this anymore” moments, there isn’t a lack of discipline – there’s a nervous system that has carried too much for too long.

Today, Christine supports people through transition, burnout and reinvention – back to clarity, connection and a life that doesn’t just work, but feels meaningful again.



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