

ABOUT ME

Where I come from.

From competitive sport to the opera stage, from the stage into consulting and therapeutic practice. Not a straight path. What I learned along the way comes with me – not as a method, but as a way of seeing.

CAREER HIGHLIGHTS

2024–2026	NARM Practitioner Trauma therapy based on the NeuroAffective Relational Model
2024–2026	Academy of Inner Science Timeless Wisdom Training, facilitation with generational trauma
2022	Critical Incidents after Joseph Kessels
2018	Speaker training
2017–2022	Deep Democracy, Level 4 with Myrna Lewis
2015–2019	TheDive, Berlin Building the company, head of people & organisational development; introduction of the Loop Approach (2016)
2015	Integral and systemic approaches Theory U (Otto Scharmer), Ken Wilber, Spiral Dynamics, elements of Holacracy
2013–2023	Constellation in motion Cortex
since 2013	Chen-style Taiji teaching assistant
2013	Provocative coaching
2012	Systemic constellation after Matthias Varga von Kibéd
2011	Hypnosystemic concepts after Gunther Schmidt

M E I K S C H W A L M .

Space for what has no words **yet**.

CAREER HIGHLIGHTS, CONTINUED

2010–2014	NLP master coach and trainer of trainers DVNLP
2010–2011	Heilpraktiker für Psychotherapie German state licence for the non-medical practice of psychotherapy
2008–2021	Vipassana meditation after S. N. Goenka
1998–2010	Opera singer international engagements, on stage since 1998
1997–2003	Vocal studies, HfM Detmold with Prof. Thomas Quasthoff, diploma
1995–1997	Private vocal studies, Hamburg with Peter Anders jr.
1994–1995	Rehabilitation, Bielefeld after a serious motorcycle accident in Scotland
1993–1994	Vocational A-levels in business Rudolf-Rempel-Schule, Bielefeld
1990–1993	Bank clerk Sparkasse Bielefeld
1986–1993	SV Brackwede basketball, 3rd division, competitive sport