

Whitney Breer



Whitney Breer is a trainer, consultant, coach and speaker with a passion. Born and raised in the United States, she has been a guest lecturer at leading universities in the US, Germany and Japan for the last 20 years. Her professional coaching and speaking career started immediately after her time as a university lecturer and has focused on the development opportunities of people up until today. Whitney Breer is an expert in positive psychology and resilience as well as embracing change as an opportunity and getting out of one's own comfort zone. With humour, creativity, passion and an extraordinary talent for breaking down complex topics into bite-size pieces, she motivates and captivates her audience. In her lectures she succeeds in playfully establishing practical relevance for her audience and in creating space for individual self-reflection. Her message is clear: Whoever wants to change something about their life has to take their life into their own hands. With this mission in mind, Whitney Breer inspires you with a vision of what is possible.

„We are what we think – What do you think?“

Themes

> The only thing that is constant is change – Resilience is more than just a band aid over the problem, it's a long-term solution to many pressing issues:

- How to enable your employees to get out of the role of a victim and move into a more positive attitude with responsibility for oneself.
- How you can manage to increase change acceptance and strengthen your employees' personal responsibility.
- How with the help of resilience, you can find long-term solutions for you and your company, go through crises with strength and have a positive outlook for the future.

> Positive Leadership – Lead people using positive psychology:

- How as a manager, you can move out of your comfort zone and exemplify 'Positive Leadership' and its values.
- With the help of positive psychology, how to successfully and respectfully lead your employees in times of change.
- How to promote and implement "strength-based" work in your organisation.
- How you can develop your employees' personal "flow" and implement a combination of high performance and job satisfaction.

> Mindfulness @ Work – dealing with oneself and others mindfully. Did you know that stress induced illnesses are the most frequent reasons for long-term illnesses?

- How you can increase your ability to stay focused (reduce distractions), really listen to what others are saying and deal with stress in a healthier way.
- How you can reduce anger & anxiety and let go of judgements
- How to foster a positive outlook in your life.
- How to live your life with intention and meaning.

References & Press

Unilever, Bayer AG, BASF SE, Plansee, KPMG, Mondelèz AG (Milka), Hirschvogel Automotive, LSI Berlin, RWE, Congstar, WILO, Zalando, amongst others

"With Whitney's help, we have developed and rolled out a program for the development of our employees' own strength and robustness in dealing with stressful professional situations (resilience). In the meantime, more than 150 enthusiastic employees participated in the individually designed workshops and training elements. As a trainer, consultant and business coach Whitney stands out for her high level of expertise, her enormous creativity and her strong ability to capture and enthral people. She inspires with ease and effectiveness. With her expertise, she manages to engage employees in open and communicative discussions on mental health issues. Her cultural background and language flexibility contributes in many ways to the inclusion of participants, even in at times personal topics, and contributes positively to the success of the programme."

Inspiration

> People, books and events which inspire me:

"Having grown up in Florida, I learned from a young age how to deal with uncertainty. I saw how hurricanes and tornadoes could sweep a home away within minutes. Through this I have learned to get back on my feet, become more resilient with every setback, and truly appreciate and be grateful what I have. Moping around and self-pity just use up unnecessary energy which could be put to use for something important. These experiences have taught me to look forward, move on, and appreciate the here and now.

Fees & Languages

Keynote speech	Honorargruppe E
Daily rate	Honorargruppe E
Languages	 

Travel costs



Media

