

Barbara Duchow

production

performance

coaching

- 1966 Born in Hamburg, Germany
- 1986 – 1990 Fashiondesign at the Academie JAK - Dipl. Designer in Hamburg
- 1992 – 2002 Acting intensiv with Alia Hawa (London)
SYNAPSE C.C., Rolestudies Acting Basics I, II, III
Improvisation Voice & Movement, Creating a role I, II & III, Synapsing,
Creative Resources for the Performer, Advanced Scene Work, Ensemble
Training, Advanced Acting Techniques
- 1992 – 1995 Stage School of Music, Dance and Drama, Hamburg
- 1995 – 1996 Guesststudent at the University of Performing Arts E.D.D.C. in Arnheim, Performing Art
ZBF- Germany
- 2004 - 2005 Poweryogateacher – Asana, E.Petroulaki Ivic (Athens/Greece)

ON STAGED AND PERFORMANCES

from 1988 until today

- 1988 – 1990 Little roles at the Deutschen Schauspielhaus, Hamburg
- 1992 – 1993 Little roles at the STAATSTHEATER AM GÄRTNERPLATZ / München
- 1995 – 1996 Performances at the E. D. D. C Arnhem/ Netherlands
- 1996 – 1997 Dream Landscapes / directed by: Alia Hawa / Kampnagel Hamburg
- 1998 Fratzer / KAMMERSPIELE / Hamburg
- 1998 – 1999 Star-Club - die Story / Rock-Musical / DELPHI-THEATRE / Hamburg
- 1999 Greetings from Paradise / JUNGE-HUNDE-TANZTHEATER / Kampnagel / Hamburg
directed by J.Roller
Yesterday / STAR THEATER / Musical / Hamburg
Enterprise / Theaterimpro / S3 AG / Hamburg
- 2000 Don Juans 2. wife / role: the 3. wife / ST.PAULI-THEATRE / Hamburg
- 2001 Guten Abend, schöne Unbekannte / role: the unknown woman - cabaret
directed by: E.Möbius / Theaterschiff / HH
- 2004 Phoenix Factory / directed by: Daniel A. Jones / Austin and New York



ON STAGED AND PERFORMANCES

from 1988 until today

- 2004 „Auf der Linie auf dem Strich“, football-project / Andre Heller / directed by: Telat Yurtsever Company Hamburg
- 2006 „ID- Club“, role: copilot, directed by: Martin Sanbauer
- 2006 Premiere Phoenix Factory / directed by: Daniel A. Jones / Mineapolis
- 2007 Conducted performances by Butch Morris at Living Theatre and Laundryspaces in NY
- 2007 Readings for New Dramatists, NY
- 2008 Music-performance with the Tinkerbells at IndoChine, Hamburg
- 2008 Qualities Of Light / collaboration with Daniel A. Jones & Helga Davis
- 2009 Work in progress: studies for quality of light, Nyc/Hamburg, role: Clara collaboration with Helga Davis and Daniel A. Jones
- 2009 SISSIROSSI TEMPORARY STORE BERLIN, Opening-Performance / Lucas Carrieri Art Gallery / Berlin / role: The Praying Mantis collaboration with Martin Sambauer (direction) and Swen Kählert (artistic direction)
- 2009/2010 Different international performances with interaktive impro-performances, role: Fairy
- 2009/2010 Different music-performances with the Tinkerbells
- 2009/2010 Different music-performances with the Irish Bastards

FILM UND TV

from 2000 until today

- 2000 „Küss mich Tiger“, Role: Woman with dog, directed by Jan Ruzika , Studio Hamburg
- 2000 „Die Männer vom K3“, Role: Police Officer, directed by Jan Ruzika , Studio Hamburg
- 2000 „Vera Brühne“, Role: neighbour, directed by Hark Bohm, Constantin Film
- 2004 “Britspotting – 48 hours film challenge” fim-project, main-role, directed by: Bianca Jobs
- 2005 “ef.teh.air”, film, role: Farell, directed by: Bianca Jobst
- 2006 Commercials like Vodaphone, Maggi
- 2007 Series: “Die Rettungsflieger”, role: eye-specialist
- 2008 Film-project at the Film Academy Ludwigsburg
- 2010 Short-film Clara, Nyc/Hamburg, role: Clara, directed by: Martin Sambauer



SHOWS, REGIE & MODERATION

from 1993 until today

Choreography and moderation for miscellaneous fashion- and imageshows
for e.g.:

SCHWARZKOPF, GORETEX, REEBOCK, BMW, MONT BLANC, BOCO, TEAMDRESS,
KARSTADT, EXPO, MTU, TELEKOM
Mall QUARREE / Hamburg
Benefit St. Michaelis / Hamburg • In cooperation with HAMBURGER
ABENDBLATT & Fashion-Academie JAK
Presentation TOMMY HILFIGER, ESPRIT, MARC O POLO, etc. / AEZ Hamburg
Front Line / Hamburg
MCM-MODE / Ethnological Museum / Hamburg
JONSEN & JONSEN / Medical Exhibition / Cologne
GWAND / international Fashion-Contest / Switzerland
Fashionperformance / Museum for Hamburg history / Hamburg
NIKE / Nationwide:
Store-Openings
CEBIT Freestylshow / Basketball in cooperation with NEC / NIKE
Olympic-Stadium Munich, Freestylshow soccer / Cooperation BOSCH/
NIKE
PHOTOKINA / Choreography and Performance / Köln
TALKLINE / Choreography and Performance / Hamburg
LUFTHANSA TECHNIK / Stagedirection Eventshow / Hamburg
ENNEAGRAMM-THEATER / Stagedirection, play / Hamburg
MTV / Nationwide
COCA COLA, FANTA / Nationwide
SIERRA TEQUILA / Nationwide
PREMIERE WORLD / Hamburg / Stuttgart
CENTURY FOX / Hamburg

2005 SAMSUNG: Show for SAMSUNG Korea / Malta
DACHSER: Choreography for fork-lifts

2006 BREITLING Jewelry exhibition / Basel
Hamburg Department of Culture / China Fashion Time
SUNFLOWER / Anno 1701 Game Release
BROUWER SHIPPING / Incentive
Press conference for Microsoft and exhibition stage show

2007 Press conference: Direction for Sony Playstation / London and
Gameconvention / Leipzig
EVENTDIRECTION FOR GROZ-BECKERT: Cocreativity for Researchcenter
for Textiles / German Museum Munich
FASHION-EVENT: Direction & Moderation for the Benefit-Show from
JAK and the german „Welt Hunger Hilfe“
FASHION-EVENT: Direction & Moderation at Hamburg Art Museum

2008 BILD-Zeitung Hamburg, Send-Off-Event with Dessou-Performance
VOLKSWAGEN, Car-Presentation
MERCEDES BENZ Formula 1 Race, Hockenheimring
GOLDENES LENKRAD Car-Award, Berlin
WORLD CYBER GAMES Opening & Closing, Collogne

2009 SISSIROSSI TEMPORARY STORE BERLIN, Opening-Performance, Lucas Carrieri Art Gallery /
Berlin / Role: The Praying Mantis
Cooperation with Martin Sambauer (direction) and Swen Kählert (art-direction)



SHOWS, REGIE & MODERATION

from 1993 until today

2010 sissirossi temporary store berlin, Fashion-Performance-Show, Berlin Fashion Week
Cooperation with Swen Kählert (art-direction) and Sabine Keller (costumes)

2009 Different fashionshows Fashion-Academie JAK
2010

COACHING

from 1990 until today

WORKSHOPS for Acting, Choreography and Creativity (Actors and Performers)

WORKSHOPS for presence, voice and expression, Communication-Dynamics,
active relaxation techniques (Managers, Therapist, Business-Coaching)

For e.g.:

Management Circle (Presentation techniques in front of big groups, individual coaching)

V.I.E.L Circle (Presentation techniques in front of big groups, individual coaching)

Airbus (Communication-Dynamics, active relaxation techniques and personality development
in cooperation with

Kienbaum Management Consultant GmbH, monthly for the Assessment Center Airbus)

Plath GmbH Creativity-Training and team effort rising for the

Signal-Production Development Department)

Individual COACHING: Voice- and body-action for executive managers

POWERYOGA TEACHINGS

2009

2010 International Assessmentcenter / Developmentcenter for managers Airbuss
Band 4 and Project Manager

2009

2010 International single-coachings for managers and business-coaches

2009

2010 Single- and group-poweryoga-trainings (style: gentel, power, flow)

PERSONAL

Hight: 170 cm

Hair: Blond

Eyes: Green / brown

Home: Hamburg, Berlin, New York, Athen, London

Languages: English, French, Italian, Dutch, Greek

Singing: Mezzo-Soprano, Rock, Gospel, Folk-Singing

Dance: Jazz, modern, folk, latin, standard, classical

Sport: Yoga (personal trainer), inline-skating, skiing, sailing, horseback riding

