

# BARBARA DUCHOW

## OVERVIEW

Barbara is an inspiring coach and performing artist. During the last 30+ years, she has individually coached 7000+ leaders in 15 countries, directed 120+ industrial product shows, and run 30+ team building workshops. She has supported the development of executives and high potential talents by focusing on personalised paths for self-awareness, empathy, assertiveness, active listening, resilience, stress-management, agility, risk taking, structure and creative thinking.

Her dynamic coaching leverages years of continuous training, singing, presenting, theatre, film, and musicals. Since 2014, she releases regular music, videos, and concerts under the artist name "Lunattack".



# TRAINER / COACH PROFILE

## METHODOLOGY / EXPERTISE

**Impulse-work :** The impact of our messages is 70% nonverbal. Barbara leverages performing artist techniques to understand and work with energy of the non-verbal, including voice modulation and body language. Her trainings and coaching focus on presence, performance, and body-mind centring to achieve personalised development goals

## CREDENTIALS

2012 - 2014: Certified Systemic Therapist & Consultant, Institut für Systemische Fortbildung (Hamburg)

1990 - 2000: Alia Hawa "Synapsing" acting technique (London)

2016 - 2019: Bral Theater School "Coordination Technique" (Wroclaw & London)

1992 - 1995: Stage School of Music, Dance & Drama (Hamburg)

2003 - 2022: Yoga trainer with 6 certifications incl: Yoga Alliance Power Yoga & Advanced Teacher Training- Shri Gaia Institute

1986 - 1990: Diploma in Fashion Design, JAK Academy

## LANGUAGES

German, English, French

## SECTORS

Aviation (Airbus, Thales),  
Electronics (ST Microelectronics, Samsung), Chemical (Evonik),  
Energy (E.ON), IT (Microsoft), Food (Haribo, Coca-Cola), Automotive (Mercedes, BMW), Luxury (Patek Philippe, Montblanc), Fashion (Nike, Adidas), Automatisierung (Phoenix Contact), plus Workwear, Pharmaceutical, Transport, Medical,