



# ANDREAS HERZ, MSc

## MANAGEMENT, HEALTH, CONSULTANCY

It is something that is becoming increasingly important in both one's professional and private life: resilience – the ability to withstand mental stress. Because challenges are constantly increasing. One true master of resilience is Andreas Herz, MSc – founder of the HERZResilienz® concept, which combines Western and Eastern teachings with hard science. He himself is a person “who never gives up and has incredible mental powers” (ORF). The best proof of this is his victory over colon cancer, which was diagnosed at an advanced stage, or his journey along the Way of St James, when he walked 810 km in only 21 days. The chairman of the Austrian PVA acquired his knowledge of resilience, among other things, at the Dalai Lama Institute and when doing his master's in Psychosocial Counselling Sciences. The busy entrepreneur, coach, trainer, top 100 speaker and lecturer at various universities in the German-speaking region has been helping managers, entrepreneurs and their staff to make the impossible possible for decades. And he does so in an entertaining, memorable and practical way

LEADERSHIP MOTIVATION SUCCESS PERSONALITY SELF-MANAGEMENT ATTAINMENT  
WILL TO ACHIEVE RESILIENCE MENTAL, SOCIAL & PHYSICAL RESILIENCE

## LECTURES

### HERZResilienz®2go

- Forget stress & burnout
- How to make the impossible possible with resilience
- Strengthen your defences – create serenity
- Confident decision-making in challenging times
- Take the right steps with confidence

### Get up and keep going

- How you can learn and benefit from crises
- How crises show you new potentials for further development
- How to decode the crisis code
- Recognise connections

### Mental strength in times of change

- The right way to deal with the challenges of these times
- The 3 steps to mental strength
- Increase physical, social and mental resilience
- Understanding the day (and its challenges) as a teacher

## SEMINARS / COACHING

### HERZResilienz®2go (Workshop)

- Create and build physical, social and mental resilience
- Recognise, strengthen and develop the 7 Western pillars of resilience (impulse & emotion control, empathy, causal analysis, goal orientation, realistic optimism, self-efficacy).
- Recognise, strengthen and develop the 2 Eastern pillars of resilience (mindfulness and energy).
- The 4 objects of mindfulness from the Eastern sciences
- Positive psychology therapy tools: mindfulness – happiness – courage
- Learn to understand and control stress from a neurobiological perspective
- Recognise the two antagonists “deniers and drivers” & use and employ them for one's own development.
- Use the HERZResilienz® Sensory and Zone Check for problem solving
- Integrate HERZResilienz®2go as a personal exercise concept for inner strength and personal resilience into everyday life.

## INFORMATION

**Fees:** on request

**Travel expenses from/to place:** Mooskirchen (AT)

**Languages:** 

- Individual content customisation possible
- Handout/further documents

## FORMATS

- Lecture
- Interview
- Seminar
- Consulting
- Talk/discussion
- Moderation
- (One-to-one)Coaching
- Online/Web based



## SEMINARS / COACHING

### Coaching/sparring

Are you looking for individual support? Do you want to master professional and/or private challenges, increase your own resilience, create serenity and not let stress and burnout stand a chance?

Supporting people has been my profession for over 20 years. This includes coaching as a sparring partner for managers and CEOs on all issues relating to self-management, management and leadership, as well as training and supervising employees.

## SPECIAL TOPICS (LECTURE / COACHING/ COUNSELLING / WORKSHOP)

### Leadership for Managers 2.0 - how to retain teams

As the saying goes, „If you want to lead others, you first have to learn to lead yourself.“ Because this is the only way managers learn to recognise and promote the full potential of their employees. Resilience expert Andreas Herz shows how it's done – for greater ease in crisis situations, inner calm and sovereignty and enviable strength.

### Resilience: getting through the crisis with ease

Life is full of challenges, both great and small. How you react to them has to do with your personal resilience, your psychological resistance. Thanks to the combination of Eastern and Western wisdom as well as the latest findings from neuroscience, Andreas Herz teaches you techniques that will enable you to overcome EVERY crisis with ease in the future.

### Of a sharpened mind and a steeled body – why a healthy mind really does live in a healthy body

“Mens sana in corpore sano – a healthy mind in a healthy body” – resilience expert Andreas Herz knows very well that these are not merely empty words. And he also knows that health is the most valuable human asset. After all, he was once diagnosed with advanced colon cancer. Find out how you can also achieve mental and physical fitness and thus reach any goal, both in your private and professional life.

## FACTS, FIGURES AND DATA

- Has run a private healthcare facility for 25 years
- Master's degree in Psychosocial Counselling Sciences
- Studied Buddhist psychology and philosophy at the Institute of His Holiness the Dalai Lama
- Founder and owner of the protected training brand „HERZResilienz@“.
- Long-time student of a Japanese ZEN master
- Included in the Top 100 Excellence Trainer Pool in 2015
- Included in the German Speakers' Encyclopaedia in 2015
- Vice President at the Institute for Applied Trade Research
- Vice President of the Styrian Chamber of Commerce
- Chairman of the Austrian Pension Insurance Institution (PVA)
- Lecturer at the European Academy for Logotherapy and Psychology
- Lecturer at the Sigmund Freud University – ARGE Wien
- Lecturer at the Karl Franzens University – UNI for LIFE Graz
- Lecturer at the Digicomp Academy AG Zurich

## REFERENCES

Ais Airbus, Akademiker Verlag, Aap Gmbh, Arge Wien, Bayerische Verwaltungsschule, Bständig, Biogena, Bvppt, Bz Wiener Bezirkszeitung, Druckhaus Thalerhof, Die Woche, Digicomp, Dansac, Deutsche Sparkassen Ag, Ealp-Europäische Akademie Für Logotherapie und Psychologie, Esprit, Excellence Suisse, Friseur Steiermark, Fresenius Kabi, Fg-Personenberatung & Personenbetreuung Salzburg - Kärnten, Fg-Handel Mode & Freizeitartikel, Fg-Handel & Drogerie, Fg-Dachdecker & Spengler, Flughafen Graz, Gewerbliche Dienstleister Wien - Salzburg - Kärnten - Tirol - Steiermark, Go-On Suizitprävention, Patrizia, Persönliche Dienstleister Niederösterreich, Hrg-Hogg Robinson, Hollister, Iaa-Automobilmesse Frankfurt, IAG Gmbh, IP For IP, Jochen Schweitzer, Kärntner Regionalmedien, KFA Graz, Kardexremstar, Landwirtschaftskammer Österreich, LBS Sparkasse Bayern, Man, Management Forum Starnberg, Mir Media Regiocast, ÖGKV-Österreichischer Gesundheits- Und Krankenpflegeverband, ÖDV-NLP, Raiffeisen, Retter, Shell, Sis-Holding, Springer, Schottenfeldcenter, Schmidt Gmbh, TEBA Kreditbank, Tips Zeitung, VNR-Verlag Der Deutschen Wirtschafts Ag, Wirtschaftsunioren Rosenheim, Wifi, WdF Industrie, Wiesler, Wolters Kluwer, Zamg

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## MEDIA

