

## PROFILE

# WERNER LANDSGESELL



### KEY FOCUS AREAS

- Business and improvisation theatre
- Soft skills training
- Stress management
- Occupational psychology coaching

### ABOUT ME

“Actually I’m quite different. But I so rarely have time to show it.”  
(Ödön von Horvath)

I have always had two souls. One with a passion for acting and the other for psychology. I adhere to both. After studying psychology for several years, I ultimately decided to commit myself to the world of theatre and so completed actor training at the Music and Arts University of the City of Vienna. A number of exciting and informative years followed on various stages in Germany, Austria and Luxembourg such as at the Volksoper Wien, the Stadttheater Klagenfurt and the Theatre National de Luxembourg, until my second soul asserted itself and I finished my psychology degree. Since then, I have been combining my knowledge of body language, rhetoric, teamwork, dramatisation, improvisation and dealing with stressful situations with my understanding of psychology.

Psychology and acting have become my destiny and theatre a parallel to life: As a coach and consultant, I accompany others on the stage of life in developing suitable private and professional roles which exploit their skills and talents so that the quote from Horvath above no longer applies. As a business trainer, I rely on theatrical methods to make issues such as teamwork and customer contact tangible and malleable. As a passionate improvisation actor, my colleagues and I add humour and innovative aspects to events, workshops and seminars.

I rely here on my personal wealth of experience: Besides my training to qualify as a business coach, business trainer, clinical and health psychologist as well as a certified occupational psychologist, my professional experience as a coach and trainer focuses in particular on career planning and as an occupational and organisational psychologist from the Kepler University Clinic in Linz.

According to Shakespeare, “All the world’s a stage, and all the men and women merely

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players”, whose development and potential for growth I will always believe in.

## TRAINING & CONSULTING

- Business and improvisation theatre on various issues (leadership, teamwork, customer contact and conflict)
- Soft skills
  - Getting in touch
  - Body language
  - Flexibility and repartee
  - Learning to say “No”
- Presence and status
- Occupational psychology coaching
  - Professional overwork (burnout)
  - Fear and stress management
  - Psychohygiene
  - Resilience
  - Work/life balance
- Leadership

## CONTACT DETAILS

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