

## Toccoverde – Anna Werksnies, Mag. rer.nat.

- **Why Toccoverde?**

The merger of various experts who track the same way on multifactorial methods, skills and experiences. To be enabled for more efficiency, effectiveness and satisfaction in my day-to-day business represents the highest value of my work for me.

- **Services to the customer**

- Mindfulness in the framework of leadership development based on psychological knowledge
- Analysis of complex systems
- Installation of units and mechanisms of any unknown/future emerging obstacles to change processes
- Change management with a focus on the dynamics of the movement
- Trainer for radical self-care and competence through mindfulness
- Mindfulness in the framework of leadership development based on basic psychological knowledge
- Behavioral analysis (individual and group)
- Strategy planning for implementations with a focus on "The group as a unit"
- Supervision of managers with a focus on "personal growth"

- **Approach in doing so – motto?**

Before you change - try to understand. Before you understand - just try to identify.

- **Background**

I work based on the ground studies of psychology and technical extension in terms of behavior therapy/research in the area of coaching:

- Many years of experience in the follow-up of executives
- Following organization of change and process of change
- Analysis/development of communication structures in teams and groups
- Teaching at the AAP (Academy of applied psychology and research)
- Independent work in my own private practice
- Relevant experience in the field of Health Psychology (occupational medicine) and clinical psychology
- Member of the Austrian society for behavioral therapy and medicine

## **Toccoverde – Anna Werksnies, Mag. rer.nat. (continued)**

- **Geographical horizon**  
Europe, Eastern Europe
- **Languages**  
English, German and Polish