

Bettina Helfenstein Facilitator/Coach



Bettina is a leadership coach and consultant with more than 20 years of experience with an international and multi-cultural, diverse client base. In her work she focuses on organizational and leadership development always driven by the mastery of change, innovation, creativity, mindfulness, and an agile mindset.

When coaching leaders one-on-one as well as facilitating groups in a virtual or physical learning environment she finds it most rewarding to mobilize the power that lies within the people she works with for a direct impact on their performance and happiness.

Before moving into her current role, Bettina worked for more than 15 years in Europe and the USA for large, world-wide management consulting firms (Capgemini, KPMG) and media companies (Bertelsmann, ProSiebenSat.1) gathering a broad range of experience and competencies around transformation, change, culture, strategy and leadership.

She holds a Master in Business Administration (MBA) from the University of Illinois at Champaign- Urbana (USA) as well as a Master in Media Science and Mass-Communications from the Hochschule für Musik, Theater und Medien Hannover (Germany). Bettina is a certified systemic organizational consultant and coach (Fritz Simon, Berlin) and completed the “Change Essentials” curriculum (Heitger Consulting, Vienna).

Bettina has a deep appreciation and respect for the expertise of her clients as well as a strong interest and curiosity about people and the dynamics of teams and organizations. She sees herself as an “artist” in orchestrating group dynamics and processes with the best possible collaborative and co-creative outcome in mind.

In her work with leaders she seeks to challenge, offer a fresh perspective, and present relevant parallels as well as differences, reflecting the best possible present situation while taking history and future aspirations into account. In this vein, she has helped leaders to unleash creativity in leadership and collaboration at organizations such as adidas, Allianz, BNP Paribas, Ernst & Young, Deutsche Telekom, Konica Minolta, Lufthansa, Roche, SIEWA, Union Investment.

Bettina is passionate about motivating the people around her to become more mindful and humane with themselves and others to create a better and more appreciative and constructive working world.