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Keynote speech title:
Brain – heart coherence creates fluid identities

Abstract

Did you ever ask yourself: What could happen if you lived without identity?

How would you feel?

What would you do?

The current times are turning many previous values and identities upside down, they really shake them up.

This feels like an invitation to let go of old patterns and behaviours, to go above certain limits and to create something new.

We no longer can refer to experiences, methods and strategies that we used so far.

Now the question is: how to cope with the transition between the old and the new. Which resources can we generate to go through this process?

In her lecture Barbara will talk about how we can open up brain–heart coherence based on the teachings of Dr. Joe Dispenza, Gregg Braden and Anne Beer. By opening up this connection and listening to it, a field of unlimited possibilities will show up. We will use this as a tool to go beyond previously made experiences. This enables us to bring new creations into our lives. By implementing them in our everyday life, new identities and values will emerge.

Profile

Dr. Barbara De Dominicis Ebetsberger has worked for years as supervisor, coach and psychologist and psychotherapist in Italy and abroad.

After studying psychology at the University of Salzburg she has been working as a clinical and health psychologist at the Christian Doppler Klinik for several years. Moving to South Tyrol – North of Italy - Barbara opened a practice as a clinical psychologist and psychotherapist.

After completing further educations and trainings as coach, supervisor and systemic constellation in Austria and Germany she expanded her field of activity.

Today she supports leaders, teams and organizations as an experienced systemic- structure facilitator, coach and supervisor, to bring up their full potential. In her work she combines theoretical knowledge and inner wisdom to empower aspects of self-awareness in the persons and creating new ways for enterprises to follow self-organizing principles.

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