



## Curriculum Vitae Mag<sup>a</sup>. Monika Herbstrith-Lappe

Founder and Managing Entrepreneur of Impuls & Wirkung – Herbstrith Management Consulting GmbH  
Keynote Speaker & Top-Trainerin, Author & Blogger, High Performance Coach & Management Consultant



- ★ Born 2.2.1961 in Neunkirchen, Lower Austria, resident in Vienna since 1979
- ★ Married to Dkfm. Manfred Lappe
- ★ Daughter Hanna Sophie born 1990 and son Tim Benedikt born 1992

- Since 2021: Host of the platform [www.VortragMotivationHumor.com](http://www.VortragMotivationHumor.com) (Keynotes for motivation with humour)
- Since 2021: Expert in the der **Akademie für neurobiologisches Bildungsmanagement** (Academy for Neurobiological Education Management) and the **thought leader community Net of Brain**.
- Since 2021: Member of the Board of the **Vereinigung der Business Trainer\*innen** (Association of Business Trainers)
- Since 2020: Professional Member of the **German Speakers Association & Global Speakers Federation**
- Since 2020: **Professional of heart rate variability**: Medical measurement of vitality in the form of the "fire of life" for corporate health
- Since 2018: Explorer of the **Möglichkeits-Meer** (Ocean of Opportunities), [www.Moeglichkeits-Meer.com](http://www.Moeglichkeits-Meer.com)
- Since 2017: The **business diver** for sovereign (self-)control in the dynamic currents of our world of upheaval
- 2017: **Book "leistungsstark & lebensfroh mein Leben gestalten"** (Live your life high-performing & full of joy) together with Manfred Lappe (3,000 copies)
- Since 2016: **Mentale Orthopädin®** (Mental Orthopaedist): Empowering & uplifting people, teams & organisations in their uniqueness for upright-sincere relationships & healthy performance in cheerful-sovereign composure.
- 2016: 3rd extended edition of "leistungsstark & lebensfroh" (High-performing & full of joy) (3,000 copies)
- 2015: **Book „Tauchen im Ozean des Lebens – Taucherfahrungsschätze für den privaten & beruflichen Alltag“** (Diving in the Ocean of Life – Diving Experience Treasures for Private & Professional Everyday Life) together with Manfred Lappe (2,500 copies)
- 2014: Development of the concept of **Sovereignty 1.0 to 4.0**
- 2013: 2nd extended edition of "leistungsstark & lebensfroh" (High-performing & full of joy) (2,500 copies)
- 2012: **Book "leistungsstark & lebensfroh – Hochwirksame Impulse für nachhaltigen Erfolg, heiter-souveräne Leichtigkeit und empathische Lebensfreude"** (High-performing & full of joy – Highly effective impulses for sustainable success, cheerful sovereign ease and empathic joy of life) together with Manfred Lappe (2,000 copies)
- Since 2007: Advisory board member of the **"Service Desk Forum" in Mainz** – the largest in the German-speaking world
- Since 2003: Founding director of the **Club Max Reinhardt Seminar**, (friends' association for students of the University of Music and Performing Arts Vienna)
- Since 2001: Member of the trainer faculty of the **Hernstein Institute for Management and Leadership & top trainer of imh (formerly IIR)**
- 1999 - 2014: Development partner of the postgraduate, part-time university courses "Quality Management", "Process Management" and "Change Management" at **Danube University Krems**
- 1998: Foundation of **Impuls & Wirkung – Herbstrith Management Consulting GmbH** (impulse & effect)
- Since 1998: Author of numerous articles on "Soft Skills for Hard Facts".
- 1996 - 1998: Studies in **systemic business coaching**, Professor Uwe Grau, University of Kiel
- 1996: Senior assessor for the **1st Austrian Quality Award** and the State Quality Prize
- 1993 - 1998: Establishment of the ORS Management Academy within the framework of Austrian Space and Systems Engineering
- 1989 - 1996: Establishment, year head and professor of the special course for quality management and quality engineering at the TGM – the School of Technology in Vienna
- Since 1984: Numerous training and further education courses in management, neuroscience and psychology, systemic-constructivist, solution-oriented short-term therapy, positive psychology, neuropsychology, transactional analysis, archetypes according to C.G. Jung, group dynamics, non-violent communication, bioenergetics, energetic psychology, body-oriented therapy according to Reich, body language, voice training, improv theatre, dramaturgy, humour counselling, face reading, NLP, Time Line Therapy®, DiSG,
- Since 1984: Speaker and consultant for quality management and subsequently for integrated process management systems in Austria and Germany (more than 300 companies)
- 1983 - 1996: Training as quality technician, manager, auditor, and instructor, as well as TQM assessor
- 1983/84: Workshop training at the TGM 1983/84
- 1983 - 2009: Teacher at TGM – the School of Technology in Vienna, Industrial Engineering for Adult Professionals
- Since 1982: **Design of key notes, keynote** speeches, ceremonial addresses at universities, at various international conferences and in companies.
- 1979 - 1983: Diploma studies in mathematics and teacher training studies in **mathematics & physics**, focus: **philosophical epistemology**

