



Curriculum Vitae

Saskia Fehr

Positive Psychologist & Coach

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I have a deep passion for wellbeing and the good life. As a lecturer, researcher, practitioner and student, I engage with the Western science of wellbeing, Positive Psychology and the traditional teachings and practices of various cultures to get to the bottom of the question of what a good life is and how we can live it. As a coach and trainer, I integrate these two areas to support my clients holistically.

EDUCATION

TRE® Provider

North German Institute for Body Psychotherapy and TRE®
March 2020 - June 2022 Tension & Trauma-Releasing Exercises
Exercise instructions and in-depth application of TRE®

Yoga Allianz certified yoga teacher (200h)

Worldpeace Yoga School, Rishikesh, India March 2022 — April
2022 Yoga: theory, philosophy, anatomy and practice (meditation,
asana, cleansing & mantra)

M.Sc. Applied Positive Psychology and Coaching Psychology

University of East London, London, United Kingdom February
2021 – February 2022 Master thesis: The Contextualization of
Wellbeing in Non-Western Cultures: A Meta-Synthesis. Grade:
Pass with Distinction

B.Sc. Psychology

RWTH Aachen, Aachen, Germany April 2018 — September 2019
Focus: Health psychology and neuropsychology Bachelor thesis:
The importance of gaps in the CV for assessing applicants and their
personality - interviews with personnel decision makers. Grade: 1.0

B.Sc. Organizations Psychology

Distance University of Hagen April 2015 – April 2018

Abitur (High School Diploma)

Schiller-Gymnasium Cologne · 2005 — 2013 Stay abroad and
school attendance at Northcote College, Auckland, New Zealand ·
June 2010 — October 2010

LANGUAGES

German (native language)

English (fluent)

Spanish (basics)

Italian (basics)

VOLUNTARY WORK

Consultant for a start-up for coaching psychology
· December 2021 – October 2022

Pro-bono Coaching
· February 2021 — Today

CERTIFICATES

EMCC Coaching Accreditation: EIA Senior
Practitioner

TRE® Provider

Accredited yoga teacher (200h)

Happiness Manager (TUV)

Finding Purpose and Meaning In Life: Living for
What Matters Most (University of Michigan ·
Oktober 2021)

IELTS Academic Result: C1 March 2020

SSI Open Water Diver · November 2023



PROFESSIONAL EXPERIENCE

Visiting Practitioner

Buchinger Wilhelmi Clinic, Lake Constance, Germany - January 2024

Wonderland, Koh Phangan, Thailand - Oktober — December 2023

Samma Karuna, Koh Phangan, Thailand - November 2023

Development and facilitation of various offerings such as psychological workshops, group and single coaching formats and TRE sessions.

Lecturer in Positive Psychology

MEU - Die Multiversität, Magdeburg, Germany

October 2023 — Today

Development, facilitation and evaluation of the module Positive Psychology and Empowerment in the M.Sc. Clinical psychology and empowerment.

Positive Psychology Expert

Likeminded, Berlin, Germany

July 2023 — Today

Developing and facilitating workshops, group and individual coaching based on Positive Psychology for greater wellbeing at work and in private life.

Positive Psychologist

Self-employed, www.flourished-you.com,

August 2021 — Today

With Flourished You I strive for the wellbeing and flourishing of individuals and groups in retreat and business settings. Through coaching and training approaches, Positive Psychology is applied to enhance wellbeing and performance holistically.

Volunteer advisor

Keptika, London, United Kingdom,

December 2021 — October 2022

Regular advice for a start-up that developed artificial intelligence in coaching supervision.

Trainer and Lecturer

Happiness Management Institute, Munich, Germany

February 2021 — July 2022

Co-development and facilitation of a TÜV-certified training program for happiness managers: people who establish principles of positive psychology in their company to promote wellbeing.

Support teacher

Deutschherrenschule, Hürth, Germany

January 2015 — January 2021

Remedial lessons in German and math for children (6-11 years) with a migration background and refugees on behalf of the job centre, Germany.

Team leading Board Room Hostess

InterCris Trade Fair Agency, Hanover, Germany

May 2016 — May 2020

Training and management of service personnel teams for trade fairs, general annual meetings and events of up to 53 team members.

Promotion

Buttler Verlagsmarketing,

Cologne, Germany

June 2014 — April 2015

Sales and marketing of newspaper.

Service

Restaurant Paprika & Cuba Bar,

Cologne, Germany

December 2010 — Oktober 2013

Table service and bar tending.

Curriculum Vitae

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VIA CHARACTER STRENGTHS



Love of learning



curiosity



creativity



Love



Appreciation of
beauty & excellence

HOBBIES & INTERESTS

Travel: With a camper, suitcase or backpack, preferably in the Mediterranean region and Asia

Outdoor activities such as: hiking, diving, camping, skiing & kayaking

Reading: Preferably Thich Nhat Hanh, Eckhart Tolle and similar

Yoga & Vipassana Meditation

Retreats and getting to know various spiritual/traditional practices

Time with my loved ones

Art & Design

STAYS ABROAD

Digital nomad life

· June 2022 — Today

Yoga Teacher Training, Rishikesh, Indien

· March 2022 — April 2022

Studies, London, United Kingdom

· February 2021 — February 2022

World Travel

· October 2013 — April 2014

Northcote College, Auckland, New Zealand

· June 2010 — October 2010