Valeria Bernardy

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ABOUT ME

I am deeply curious about people and their stories – supporting them to rid themselves of unhelpful stories that are holding them back and helping them to rewrite their stories.

I apply and combine my years of experience gained from talent management roles in the corporate world, from my research in psychology in the academic world as well as from my coaching and training experience.

EXPERTISE

- **Psychological Research and Application to Practice**
- **Training & Coaching**
- **International People Development**

PROFESSIONAL EXPERIENCE

FREELANCE COACH, TRAINER & CONSULTANT

July 2017 until today

- Team and individual Coaching
- Training Design and Facilitation *(e.g. Team Dynamics & Leadership, Emotion Management, Communication, Grit)*
- Psychological Assessments

RESEARCH ASSOCIATE in PROJECT ON DIGITAL TEAMWORK (part-time)/
UNIVERSITY OF TRIER, WORK & ORGANIZATIONAL PSYCHOLOGY, TRIER, GERMANY

September 2017 until September 2022

- **Co-managing the consortium research project 'vLead',** supporting the project lead in the coordination of the five sub-projects, project monitoring and public relations.
- **Qualitative as well as quantitative research**, translating findings into the **development of digital tools** supporting virtual teamwork.
- **Publication of articles** as well as **book chapters**.

INTERIM MANAGER PEOPLE DEVELOPMENT/
MEDIAMARKT SATURN, INGOLSTADT, GERMANY

August 2017 until March 2018

- **Redesigned** the corporate management programs, **embedding them into a people development concept** comprising diagnostic measures, feedback and performance management processes.

SABBATICAL
April 2016 until July 2017

- **Development –** Coaching retreat, Coaching training, Yoga teacher trainings, Spanish language refresher
- **Travels –** Thailand, Bali, Ireland, Brazil, Argentina,...

PERSONAL DEVELOPMENT

- **Training Academy** (Bridgehouse, Berlin/Germany, May 2020-May 2021)
- **Mindfulness –**
  - 8-week training (Potential Project, Singapore, Aug 2015)
  - Search Inside Yourself (Google, Munich/Germany, Jun 2018)
  - Meditation Retreat (Buddha's Weg, Germany, Aug 2019)
- **21 days Career Coaching Retreat** (Change Ventures, Singapore/Bali, August 2016)
- **8-month Coaching training** (The Coaching School, London/England, 2016/2017)
- **Yoga teacher training**
  - Ashtanga (All Yoga Thailand, Koh Phangan/Thailand, Apr 2016)
  - Yin (yinspiration, Frankfurt/Germany, May 2016)

EXPERIENCE(continued)

SENIOR MANAGER HUMAN RESOURCES DEVELOPMENT ASIA/PACIFIC / LUFTHANSA GERMAN AIRLINES, SINGAPORE
September 2012 to March 2016

- **Single-handedly oversaw all People Development Topics for Sales & Station Management APAC**, comprising more than 500 employees in 13 different markets, acted as point of contact for the executives of the region regarding talent management.
- **Managed the regional personnel selection and ensured individualised development measures**, including innovative leadership training, mentoring and one-to-one coaching.

MANAGER CORPORATE EXECUTIVES DEVELOPMENT STRATEGY/
LUFTHANSA GERMAN AIRLINES, FRANKFURT, GERMANY
October 2008 to August 2012

- **Redesigned the 360-degree feedback** and ensured further development through leading company-wide task forces.
- **Ensured the continuous advancement of the company-wide selection processes for key leadership positions** and facilitated assessment centres and management audits.

INTERNSHIP LUFTHANSA BUSINESS SCHOOL/
LUFTHANSA GERMAN AIRLINES, FRANKFURT, GERMANY
January 2007 to July 2007

RESEARCH ASSISTANT, DEPARTMENT OF WORK AND ORGANIZATIONAL PSYCHOLOGY/
UNIVERSITY OF TRIER, GERMANY
January 2005 to December 2006

INTERNSHIP PERSONNEL SELECTION/
LUFTHANSA GERMAN AIRLINES, FRANKFURT, GERMANY
June 2004 to August 2004

FLIGHT ATTENDANT, STUDENT JOB/
LUFTHANSA GERMAN AIRLINES, FRANKFURT, GERMANY
March 2001 to August 2008

YEAR ABROAD/
MARBELLA, SPAIN
September 1999 to August 2000

EDUCATION

PhD in WORK & ORGANIZATIONAL PSYCHOLOGY (in progress)
UNIVERSITY OF TRIER, GERMANY
2018 – until today
PhD Topic: Team grit in innovation processes

MASTER (German Diplom) OF PSYCHOLOGY
UNIVERSITY OF TRIER, GERMANY
2004 – 2008
THESIS on the Lufthansa 360 degree feedback

BACHELOR OF SCIENCE PSYCHOLOGY
UNIVERSITY OF GREENWICH, ENGLAND
2001 – 2004
THESIS on the relationship between sensation seeking and anhedonia

INTERESTS

- **STORIES – books, movies, people**
- **LEARNING – readings on personal growth, trainings, retreats…**
- **TRAVELS exploring foreign countries**
- **SPORTS – Running, Hiking, Crossfit**
- **(Teaching) YOGA**
- **MEDITATION**

LANGUAGES

GERMAN
NATIVE LANGUAGE

ENGLISH
FLUENT

SPANISH
ADVANCED

FRENCH
BASIC

IT SKILLS

MS OFFICE (WORD, EXCEL, POWERPOINT)
ADVANCED

SPSS, R
ADVANCED