

Dagmar Hopf

Personal Growth & Leadership Coach

psychologist | facilitator | entrepreneur



Bio

Dagmar is a personal growth & leadership coach running her own business Sevenbirds. With more than 20 years of experience in individual and organisational change processes, she empowers especially female professionals to connect with their true self and play big. Originally from East Germany and moving constantly west over the years, Dagmar went through major changes herself. She is a psychologist and former management consultant, and currently working as coach as well as mental health counsellor. She started three businesses herself and co-founded another. As pathfinder and transition catalyst, she enables her clients to dare to follow their own path - wholeheartedly committed to guide them towards substantial transformation.

Apart from her profession, she's the mother of a boy, loves chocolate, German cakes, and binge-reading mystery & science fiction novels.

Motto: "Keep some room in your heart for the unimaginable." Mary Oliver



Signature Topics

Feminine leadership in a masculine paradigm

This talk emphasises the need for more feminine energy in a male-dominated environment - to find more harmony and alternative ways to lead and stay (mentally) healthy. It creates awareness for what's really needed in organisations struggling with psychological safety and promotes keeping women in leadership.

Dealing with the inner critic and his team of friends

This session is about the inner critic, perfectionist, pleaser, hyper-achiever, etc. - i.e. behavioural patterns everyone has developed to deal with difficult situations. Learn how to recognise and tame them - instead of being hijacked and sabotaging yourself.

Practical strategies for resilience at work

This interactive session dives hands-on into strategies and tools to help you to overcome difficulties from a position of inner strength and adaptability - without getting lost in overcontrolling, procrastinating, overwhelm, or paralysis.



What others say

Authentic and inspiring storyteller -- incredibly vast knowledge and experience combined with a genuine willingness to share -- great at explaining the (scientific) dynamics behind the issues people face -- provides profound insights and wisdom that is practical and applicable -- creates a safe, encouraging space for participants to explore, learn, collaborate, and share -- engages people in an inviting and professional way



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