



>live your lifeline

LIFELINING

Mag. Heide Marie Fischer

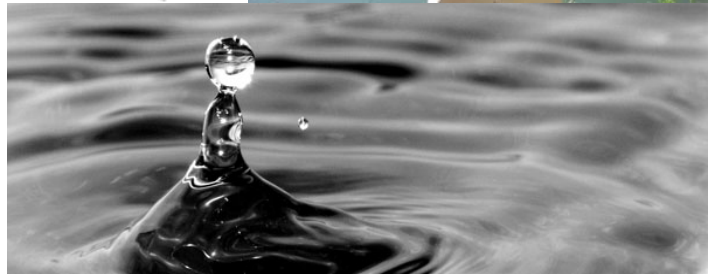
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This document provides a summary of the vision, the mission and the services of Lifelining.

There will be a translation of the website in due course.

If you have any questions please feel free to contact me.

Thanks for your understanding.

COMPETENCIES and WAY OF WORKING

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LifeLining competencies, personal values and way of working

Competencies

In my work for LifeLining I combine the experience I gained within a variety of management assignments in the past with the inside knowledge I have acquired by the personal and spiritual development programs I participated in.

My past as a founding director, manager, consultant and trainer in a kaleidoscope of organizations helps me to tune into the challenges people get confronted with during their personal and professional development.

My insight in people, their context as well as in the manifold of models and concepts of supporting methods and instruments, offers the basis which is necessary to support personal and professional development.

Personal values

My drive and interest in the personal and spiritual development of people and the organizations they form is my most essential motivator. Furthermore I am convinced of the importance of the creation of stillness in our mind and our environment; the necessity that everyone cares for his own health by eating healthy food with body, mind and heart and last but not least that we are responsible for the sake of our children for the creation of a healthy and peaceful earth.

Way of working

My way of working focuses mainly on finding authenticity in acting and being, on treating each other with respect and compassion and on using the present resources of science and spirituality for personal and organizational changes and innovations.

I focus on the network of interrelations an individual or organization is a part of and I listen to the 'question behind the question'.

My approach is holistic. This means that in order to find an optimal balance between personal and professional development I always motivate people to bring in balance their mind, body and heart.



LifeLining Vision

My vision is to live in a world where people are willing to carry responsibility for the earth and the universe. In such a world people are in balance and therefore capable of living a compassionate life in order to help and serve others.

In my vision organizations are living organisms which are primarily interested in health, vitality of people, organizations, the society, the earth and the universe. Profit is considered to be an effect of doing business and not as a target as such.

It is a world as described by Vaclav Havel, Albert Einstein, the Dalai Lama and Mahatma Gandhi.

Vaclav Havel says that *'the salvation of this human world lies nowhere else than in the human heart, in the human power to reflect, in human modesty, and in human responsibility. Without a global revolution in the sphere of human consciousness nothing will change for the better.'*

The Dalai Lama describes it as *'a world where we will have learned to take global responsibility...because nations no longer resolve many of their problems by themselves...it is our collective and individual responsibility to protect and nurture the global family, to support its weaker members, and to preserve and tend to the environment in which we all live...'*

Albert Einstein defines it as a *'world where the human being has realized that there is no separation between the rest and us as individual. Our task must be to free ourselves by widening our circles of compassion....'*

Mahatma Gandhi once wrote: *'there are seven sins in this world: wealth without work, Pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, politics without principles'*

Lifelining mission

My mission is to contribute to people's and organizations' and society's health. Health and vitality are very precious and are not to be considered as the 'absence of sickness'.

Health and vitality are primarily based on a balance of a healthy body, an open mind and a compassionate heart, loving and caring relationships and a profession which makes sense and is performed in order to serve others and the universe we live in.

My activities to stimulate Health, Vitality and Compassion focus on the encounter of the individual with the other; the encounter of the individual with the organizations he/she works for and the encounter of the individual with the society and the universe.



LifeLining philosophy

LifeLine accompanies people on their way to their unique inner power. This power expresses itself by following what our heart tells us, by taking responsibility for one's own life, by listening to the quietness in us and by acting based upon this quietness, by developing the creative potential and by strengthening one's own vitality.

Following the heart

LifeLine accompanies people in their quest for the purpose in their life. LifeLine helps developing the courage to reflect on the question whether this purpose is an integral part of one's life at the present moment and if not how this can be reached. LifeLine helps to put this purpose in the perspective of the quests of mankind.

Taking responsibility

The coaching by LifeLine is a spiritual support, which focuses on reflection, awareness and developing compassion.

Listening to quietness

LifeLine supports people with the search for their unique center of power – the place where it is always quiet and where we really are ourselves.

Freeing the creative potential and strengthening vitality

LifeLine helps people to discover their true inspiration, to free the necessary creativity and to enhance their vitality.

LifeLining attitude

LifeLine is convinced that fundamental change needs stillness, concentration and willpower.

LifeLine sees itself as co-creator for personal change and as a supporter to for building the bridge between personal goals and expectations, between goals deriving from the family, the organizations people work for and last but not least the society as a whole.

LifeLine is convinced that spiritual development of people leads to personal growth, and that personal growth leads to spiritual, social and economical growth for organizations and for society.

LifeLine considers organizations as living organisms, which are on a constant search for 'inner' power and which are interested in health and vitality. These organisms consider financial profit as a by-product of their mission.



LifeLining Services

The **services** of LifeLining consist of 3 disciplines:

1. Health Coaching 2. Vitality Projectmanagement 3. Qi Gong Academy

All services of LifeLining aim at demonstrating and experiencing theories, methods and instruments which are best suited to help people and organizations to switch from the obvious layers of cognition to more profound layers of knowledge in order to acquire a more connected way of thinking and acting.

The Qi Gong Academy offers Qi Gong workshops, retreats and classes. You can find more information on www.lifelining.eu.

Health Coaching concentrates on the encounter of individuals with their environment. This means that issues concerning patterns of communication, changes of patterns of relating within the family system or work system will be focused on. Examples: questions of change of career, burn-out prevention or recovery, handling of stress in common.

Vitality Projectmanagement focuses on the encounter of individuals and teams with the organization as a 'system'. Examples: questions concerning the relations of the team with the manager, the connectedness with and loyalty for the organization; questions concerning leadership and professional partnerships, strategies for the future of the company, motivation and goal-orientation of team and organization.

Furthermore Vitality Projectmanagement concentrates on fostering a new way of creating and innovating within teams and organizations. The most important tool in these workshops is the alignment of the aimed innovation with the long-term needs of the environment, the country, the earth, the universe.

The 'file rouge' of the services and products:

- Attention for the balance of mind, heart and body.
- The methods, instruments and exercises can be applied immediately by the participant
- The application of the lessons learned has a cost cutting effect for the individual, the organization and the society (diminishing of sick-leave, the reduction of expensive yet ineffective innovations etc.)

LifeLining Methods and Instruments

- Systemic constellation work by Bert Hellinger, Gunthard Weber a.o.
- Methods, aiming at finding one's core 'being' and 'business'. Examples: MBTI (Myers-Briggs-type Indicator, the 'Logical Levels' of Gregory Bateson and Robert Dilts and the 'Core Quadrants' by Daniel Ofman and Presencing by Otto Scharmer.
- Scientifically proved methods of Qi Gong, Mindfulness- and concentration-exercises fostering health and performance.



LifeLining Results

The **primary** focus of the LifeLine coaching is to offer insight knowledge in people's qualities and potentiality in order to be able to use the inherent personal power more effectively for life and work (team and organization).

The **secondary** focus of the LifeLine coaching is to stimulate people and organizations to make contact with their authenticity and their own quest in order to get moving and acting as the creator of their own LifeLine.

New way of thinking and acting

All three disciplines ask for an active attitude of the 'searcher'. The instruments and exercises offered by LifeLining are to be considered as 'do-it-yourself' tools. To make use of it requires openness, curiosity and being prepared to learn. By changing the way of perceiving oneself and others alternative ways of acting will be developed and become manifest.

The attention in all three disciplines is aimed at achieving a balance of mind, heart and body. De LifeLining instruments allow participants to prove and see the advantages of an altered way of living and/of creating and innovating.

Increasing of self management capacity

All methods, instruments and exercises of the three disciplines are destined for the active use outside the workshop situation. This requires endurance and fosters the self management capability.

Fostering creativity and communication

The capabilities of a healthy balance of mind, heart and body contribute to an improvement of communication and creativity. This brings benefit to the individual, the organization and to society.

Cost cutting

The coaching, training and consulting deliver capabilities which can be applied preventively. By this pro-active approach, problems can be prevented and cost for health care and failed innovations become diminished.



Indications for the application of LifeLining Services and Products

Healthcoaching

Possible areas of problems of conflict: health, stress, burn-out, 'aim of life'-questions, communication, career-change, performance, leadership, balance of working and living, creativity.

VitalityProjectmanagment

Possible areas of problems of conflict: vitality, performance, burn-out, working climate, relations between superiors and employee's, stagnation of turnover, problems with clients.

Possible areas of problems of conflict: innovation, creativity, leadership, long-term strategies in relation to environmental, humanitarian and economical challenges.

LifeLining Approach

Step 1:

Step 1 is an intake meeting where LifeLining and the individual or organization check whether the chemistry between LifeLining and themselves is right and whether they can mutually meet the expectations and work on the specific question.

Step 2:

In Step 2 based upon the agreed on 'growth-outcome-profile' the individual or organization chooses the pathways he/she wants to follow.

Step 3:

Step 3 is the phase where the individual or organization works at his or her specific question under supervision of LifeLining. Sometimes it looks like as if we walk backward instead of forward. Sometimes we expect to move faster than we really do and can. Sometimes it is helpful to reduce the speed of our pace to move on faster. The methods of working are dependant on the question and the personal preference.

Step 4:

Step 4 is the post engagement review based upon the criteria agreed upon between LifeLining and the individual or organization and the overall LifeLining criteria for coaching.



CURRICULUM VITAE

Personal Data	Address	Heide Marie Fischer Molenstraat Zuid 12 NL- 6107 AL Stevensweert
	Born	15.10.1960
	Marital State	Married
	Nationality	Austrian Living in the Netherlands since August 1997
	Tel: Fax: GSM: E-mail:	+31 475 55 15 04 +31 475 55 23 08 +31 654 326 331 heide.fischer@home.nl
Language Skills	German: Mother tongue, Dutch: Write, read, understand and speak fluently, English: Write, read, understand and speak fluently, French: Read: good; write, understand and speak: restricted	
Inspired by	Nature, Buddhism, Taoism, Christianity, Zen, Ayurveda, Qigong, Art such as poetry and prose in different languages, Roman architecture, Classical music and ethnical music; Socio-political issues and inspirational leaders such as the Dalai Lama.	
	Education	
2007/2008	Wu Dang Qi Gong, Bruno Rogissart, Chan Mi Gong, Dr. Zuzana Thaller	
2006/2007	Zhi Neng Qi Gong, Jing Hong Zhou, Ba Duan Jin/Yi Jin Jing, Bruno Rogissart	
Since 2004	Begin Study and Practice Qi Gong, Begin Study Buddhism, Begin Practice Meditation	
2002 - 2004	Systemic work with families & organizations; based on the principles of the Bert Hellinger, Netherlands and Germany	
2002	Program for Managers of Montessori-Schools, The Netherlands	
1999/2002	NLP Master Practitioner with Heart-systems, International Training Institute for NLP, Netherlands	
1993/1994	General Post-Graduate Management Program of the University of Linz, Austria in co-operation with the Emory Business School in Atlanta.	
1985	Graduation from the University of Business Administration, Vienna, Austria	
1980	Handelsakademie, Graz, Austria	



Employment History

- Since Jan 2007**
Sep 2005 – Dec 2006
Since Jan 2007 Directing LifeLining.eu
Creation of "Life-Lining", Projectmanagement & Coaching Health & Vitality.
Main tasks: definition content, creation website, developing PR-material, organizing workshops, relating with experts and clients and business partners.
- Sep 2004 – Sept 2005**
Sep 2004 – Sept 2005 Sabbatical
Main tasks: Finding my personal mission and enhancing mental, physical and spiritual fitness.
- May 2002 – Aug 2004**
May 2002 – Aug 2004 **Organisation:** Montessorischool Helmond; A 'child centric' primary school for children from 4 to 12 years old (total 230).
Position held: Director of School.
Main tasks: Strategic and operational leadership and management of daily operations, professional coaching.
- Sept 2000 – Sept 2001**
Sept 2000 – Sept 2001 **Organisation:** Hogeschool Zuyd Heerlen; Faculty for Applied Management,
Position held: Tutor.
Main tasks: Training of Management competencies, supervising the students' learning process applying the 'problem based learning' methodology, student coaching.
- Jul 1999 – Jul 2000**
Jul 1999 – Jul 2000 **Organisation:** PITT BV Sittard; an organization that carries out intermediary tasks on behalf of businesses and vocational training institutes.
Position held: Manager Consultancy and Marketing.
Main tasks: The design of the internal and external communication network, developing a consultancy model, supervising the back office, professional coaching.
- May 1998 – Nov 1998**
May 1998 – Nov 1998 **Organisation:** MCE (Management Center Europe) Brussels; organization providing Management and Executive Development Programs in public seminars and in-company programs.
Position held: Key Account Manager.
Main tasks: Designing in-company development programs for executives.
- Jan 1998 – May 1998**
Jan 1998 – May 1998 **Organisation:** Celemi N.V. Brugge; an organization dedicated to creating learning processes that help companies leverage the power of learning.
Position held: Consultant.
Main tasks: Train the trainer by business simulations and management games.
- Nov 1986 – May 1996**
Nov 1986 – May 1996 **Organisation:** BFZ (BerufsFindungsZentrum, now: BBRZ) Vienna, a vocational training center for a student body of 400 people in a variety of short and long term training programs.
Position: General Manager.
Main tasks: Managing academic professionals. Managing customer relations (Public Health Insurances & Government), managing office and training space, managing finances, managing training programs for a diversity of clients together with academic professionals.

Areas of knowledge

Quality management (EFQM, ISO, INK); Learning Organization, Montessori and other child centric models for primary education, NLP, Coaching, Qigong, Meditation, Health and Well-being; especially healthy nutrition for body and mind.