



## Curriculum Vitae

Personal Data	Höch Doris	Cooperating partner of X-CHALLENGE CONSULTING Owner of Doris Höch • Leadership and Staff Development
	Phone	+41 62 822 05 29
	E-Mail	<a href="mailto:hoech@x-challenge.ch">hoech@x-challenge.ch</a>
	Nationality	Swiss
Education and Advanced Training	1970	National Teaching Diploma for Primary Schools
	1975	Italian Teaching Diploma for Secondary Schools
	1981-1984	Qualification Consultant Individual Psychology, AAI, Zürich Training Analysis, Zürich
	1981	Group Psychology, J.Ratter, Berlin
	1983	Lifescrypt Analysis, T.Vlachutsikos, Athen Transactional Analysis, L. Schlegel, Zürich
	1991-1993	Integrative Forms of Therapy, Fritz Perls Institut, Beversee Motion Analytic Dance Qualification, C. Rick, München
	1999-2004	Systemic Therapy, L. Wiest, München Organisation and Structure Constellation Work, M. Varga von Kibéd, I. Sparrer, München, G. Weber, Wiesloch
	2000	Mental Training Diploma, ILP, Zug
	2001	Coaching Training Course, P. Warschawski, Baltimore
	2013	Ego development and its implications for the personality

Professional Experience	1970-1982	School Education and Italian Instruction
	since 1985	Independent Consulting Activities in Personality and Potential Development with ephasis on Executive Coaching Leadership Training and Management Development Motivation and Personal Mastery Stress Management and Burnout Prevention Social Responsibility Advancement of Individual Talents
	since 2009	Cooperating Partner of X-CHALLENGE CONSULTING
Business Lines		Industry and Commerce, Planning and Construction Sector, Banking and Insurance Industry, Healthcare, Service Sector, Public Administration
Languages		German, French, Italian, English