



TV and Event Host, Journalist & Expert in Personal Development, Self-Leadership and Inner Transformation

## Meike Gehring

Meike Gehring is a television and event presenter, journalist and model. She has worked for well-known broadcasters such as RTL and RTL II, among others. There, she presented both news programmes and entertainment shows, gaining extensive experience across a range of formats – both live and pre-recorded. She began her career as a live reporter within the RTL Media Group before becoming the on-air presenter for RTL II News, particularly in the lifestyle sector. Thanks to her versatile presenting experience – ranging from politics and society to entertainment – she stands out for her exceptional breadth and adaptability. Meike Gehring...

### Topics

- Body Language
- Burnout / Resilience / Mental Health
- Career / Profiling
- Change Management
- Crisis Management
- Education
- Event / Happening
- Global Trends

### Languages

- English
- German

### Details & contact information

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