Expert in healthy leadership & mental health in the workplace

Dr. Eva Elisa Schneider

Dr. Eva Elisa Schneider is an author, holds a doctorate in psychotherapy and is an expert in mental health in the workplace. As a speaker and trainer, she works with international companies in the field of health management and organisational development. Dr. Eva Elisa Schneider combines over 10 years of experience in leadership, science and health. As one of the leading voices on mental health in the German-speaking world, she regularly shares insights from her work in her podcast ‘Gesund arbeiten’. Her new book is entitled: ‘Mental Health Matters. Work healthy – live better’. She is a thought leader, inspiration…

Topics

- Burnout / Resilience / Mental Health
- Crisis Management
- Food Trends / Future Food
- Global Trends
- Healthcare
- Leadership 4.0
- Society
- Work-Life-Balance

Languages

- English
- German

Details & contact information

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