

## About LILIAN GÜNTSCHE-HILGENDAG



Media-Economist Lilian Güntsche-Hilgendag is an international speaker, published book author and certified coach for (digital) transformation, life design, agility and mindfulness.

Everything she does is about *“creating tools, art and solutions for individuals and organizations to successfully build resilience, agility, connection and clarity with the overall goal to master challenges and change.”*

For almost two decades, Lilian has been supporting big corporations, such as Volkswagen, Coca-Cola, Samsung, Daimler, Audi or Axel Springer, strategically and organizationally in global digital transformation projects, consulting them as Agile Coach on their path to a more agile, innovative, new work culture. Additionally, she has been lecturing at a top ranked Business university in Berlin in the areas of Employability, Agile Development, Change- and Project Management for several years.

True to her credo *“Don't forget to stay human among all the machines”*, the certified Life Design Coach and Mindfulness Trainer is committed to cultivate more consciousness, mental health and digital well-being in society and businesses. To support this mission, she works as an international keynote speaker and initiated her company THE DIGNIFIED SELF®, which has been listed in many well-known publications, like Harvard Business Manager or Huffington Post. Recently, THE DIGNIFIED SELF® even received a health award as being the “top resource of the year in mindfulness and agility” in 2023. Lilian published her first book, called *“Mindfulness in digital times”* in 2016 and will release her second book *“Agile & serene thanks to children”* in 2024 – represented by a big publishing house. Lilian has also already launched a podcast that is intended to increase calmness in everyday parenting, in which she interviews inspiring guests to raise awareness in mindful parenting.

Her self-designed training program "MINDFUL AGILITY®" has been applied in many leading companies and teams around the world.

Further info: <https://lilianguentsche.com/> | <https://thedignifiedself.com/>  
<https://www.linkedin.com/in/lilianquentschehilgendag/>

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*\*Book releases in Germany only. German book titles: „Achtsamkeit in digitalen Zeiten“ (2016) and „Gelassen und agil dank Kindern“ (release in 2024).*