



**HEIDI HAUER is an author, podcast host, speaker and personal coach for female leaders.** She specialises in working with women who strive to live a life of purpose, who want to perform and feel at their best, and who seek, beneath it all, a deep sense of fulfilment in their personal and professional lives.

Heidi enriches her **coaching sessions** with meditation, mindfulness, yoga breathing techniques, self-care practices, and her profound nutritional knowledge. This comes upon a foundation of extensive corporate experience, which allows Heidi to contextualise these personal development tools in a way that is practical and relevant for a busy lifestyle.



She hosts *'The Heidi Hauer Podcast'* where she interviews female entrepreneurs, creatives, coaches, medical doctors and spiritual teachers. In her solo episodes Heidi explores various aspects of healthy eating and intuitive living. Her book *'The Queendom Within – a guide to rewriting your fairy tale and creating your own happily ever after'* guides readers to build a fulfilling life - with or without a perfect romantic match.

As a passionate speaker, Heidi held talks and led workshops for **corporate clients** such as Audi, the private members' club Soho House, the Swiss Media Company Ringier, the advertising agency Jung von Matt, and many others. She has been **featured in international media** such as The Guardian, The Daily Mail Online, Huffington Post, Thrive Global, Schweizer Illustrierte, BBC London Radio and has appeared on various podcast shows speaking to women across the world.

Heidi has a **Coaching Certificate from INSEAD** Business School, is a certified **Integrative Nutrition Health Coach** with the famous Institute of Integrative Nutrition (IIN), is a **certified Nutrition Trainer** with Vitalakademie Vienna, and is a **Resonance Practitioner** with Institut Kutschera. Heidi holds a Masters in Marketing from the University of Applied Sciences in Vienna and a Diploma from the Diplomatic Academy of Vienna.

Heidi is a **former corporate affairs leader** with expertise in the food and pharmaceutical industry. During her 20 years in the corporate world she sat on leadership teams at country, regional, and global level, and led cross-functional and cross-country projects in the field of Communications. Prior to that she worked in consulting. Her international career enabled her to live in Bangkok, London, Brussels, Vienna, and Zurich where she now lives with her partner and her dog.

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