



PROFILE

VIOLETA MIKIĆ

Director for business and media appearances

Senior coach (DBVC) and leadership consultant for personality development, body language and communication

PROFILE

Violeta Mikić is a pioneer of coaching in the top management segment in Germany. As a trained director, who has been working in personality development for more than 20 years, she is now a senior coach and management consultant specializing in body language, performative presentation and communication. Violeta Mikić supports her clients using individually tailored methods from the performing arts, body work, systemic counselling and Gestalt therapy, from personal peer mentoring discussion to media business appearances in the context of international economic, cultural and political programmes.

MAXIM

»If you feel good – that's you.«

METHOD

The MIKIĆ METHOD is »the essence of my knowledge and my skills - a range of varied experiences in dealing with leadership roles, which I use for the individual needs of my clients, whether for internal or external presentations, single or team appearances, stage, podium or lectern.«

It includes two main methods: On the one hand, the interaction of different methods of acting, film, directing, communication-analytical, psychological and practical therapeutic approaches. The MIKIĆ METHOD has thus become the model for an integral form of coaching, which does not only take into account, but also adapts the particular conditions and requirements of an industry sector.

On the other hand, Violeta Mikić focuses on the teachings of body language: »I imagine communication as a large resonance space. In this space, we all act continuously. We always hope to say exactly what we want to say, and to say it the way we are.« For this, however, we have to be able to act intuitively and, at the same time, react in a reflective

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manner - a mixture of self-perception and outside perception, subjective style and role study is required. This is the point where the MIKIĆ METHOD training comes into play.

A phrase such as »Good morning, ladies and gentlemen, welcome to ...» may seem trivial. But where is the »welcome» of the individual visible? In their eyes, their head posture, in their arms, in their voice, their speed of speech, in the way they walk? Everything communicates, but varies from person to person, from situation to situation. Thanks to the MIKIĆ METHOD, the body is sensitized as a representation surface of thoughts and feelings, so that public statements can reliably feed themselves from authentic communication.

Whether executive coaching, team development or contact training for the dialogue partner 'audience' - Violeta Mikić supports her clients in creating harmony between work content and individual expression. The foundation and creative potential of the MIKIĆ METHOD consist in shaping the communicative triad of I-perspective, you-perspective and the interaction that arises between these two positions. «My method works like a toolkit. Each of my customers decides which tool they want to use to open their personal gateway.»

EXPERTISE

I. Personality development:

- Executive coaching und strategic consulting
- Women in leadership positions
- Emotional team development
- Conflict management
- Coaching on the job / Shadow coaching ("360-degree-feedback")
- Role definition, role leading

II. Body work:

- Breathing and voice techniques
- Speech training
- Body awareness
- Body language
- Motoric skills

III. Communication:

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- Support of dynamic team processes
- Preparation of moderations and presentations
- Structuring, staging and analysis of public appearances
- Directing
- Presence training

METHODS & TECHNIQUES

- Systems theory
- Gestalt approach
- Transactional analysis
- Breathing, voice and movement therapy
- Four-ears-model / Communication square according to Schulz von Thun
- Alexander technique
- Feldenkrais
- Resonance-, essence- and creativity techniques from acting
- Directing
- Roleplay
- Sanford-Meisner technique
- Method acting according to Lee Strasberg
- Source tuning
- Camera training
- Video analysis

INDUSTRIES

DAX companies, major corporations, family businesses, medium-sized companies, young professionals, start-ups, spin-offs, training academies

COACHING IN

German, English, Croatian

CONTACT

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