

Lilian Guentsche-Hilgendag



Expert on Mindfulness and Digital Transformation

Lilian has been working in the digital business for over 15 years. As a "mobile woman" of the early stage, she feels her purpose is to not only help companies master the digital transformation, but also to give people individual tools to stay focused, successful and satisfied in today's digital information overload. Starting with a commercial career in the media industry at Bertelsmann, Lilian's career as a digital consultant led to leading corporations such as Volkswagen, Coca-Cola, Samsung and Axel Springer as well as into the start-up scene.

As a keynote speaker and author of the book "Mindfulness in Digital Times", Lilian is promoting greater digital consciousness in the economy across Europe. With her initiative The Dignified Self® - a movement for more awareness and agility - she wants to trigger change and rethinking. The Dignified Self® stands for a transformation that puts people at the center of technology, yet still uses the opportunities of digitization. Lilian's topics resonate internationally, e.g. in publications such as the Harvard Business Manager, the Huffington Post, the Manager Magazine and the FOCUS. Her speaker references include keynote speeches, talks and lectures in Germany, Austria, Spain and England - at corporate events, universities as well as at renowned industry fairs.

According to her credo "Do not forget to be human among all the machines", Lilian's professional talks are modern and contemporary. Personal experiences accompanied with own creative word creations convey tangible impulses on how agility and mindfulness can be integrated into our everyday life - from "always-on to always-off". For Lilian mindfulness is the optimal formula to achieve serenity in the acceleration. In her "Mindful Agility Trainings" and Keynote Talks, she passes on her "7 levels of mindfulness". Lilian's free time is devoted to her great passions of singing, yoga, meditation and traveling. She lives in Berlin with her husband and son.

Topics

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