

# Ann La-Forker (MA)

## Contact

Becoming-Essence Feel & Think Tank

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Real trust, our most urgent societal need,  
comes from soul.integrity.

## Personal Statement

Grounded nervous system meets soulful entrepreneurship. What I can claim for myself today is also what I am offering to my clients, in private sessions and in the business world. Alignment with our deepest values is always possible. And it is especially important in times of crisis!

Humanity is a trustable species. The prove is our conscious choice to live up to the highest level of integrity accessible to us in a given moment. And to make that conscious choice again. And to make it again. And again. Together with my fellows on that path I help training our integrity muscles. With *Integrity For Future* we create spaces where individual and corporate integrity can thrive.

## Work experience

2020

**Founder Integrity For Future - a global initiative to re-instate the trustworthiness of humankind** / education & awareness: film production & Circles | personal development: individual integrity training | corporate: integrity consulting & integrity labs

2019

**Co-Founder Water Festival Freiburg**  
project management, design and co-facilitation for the first edition  
- applied prototyping for a new conference culture

2018

**Founder Becoming-Essence Feel & Think Tank**  
independent humanistic research lab on reliable new social structures / consulting and process facilitation for trauma informed and world aware leadership

2014 **Self-employment / Founder RAUM IM SEIN**  
practice for trauma resolution and bonding-oriented body  
psychotherapy | Staufen im Breisgau (until today)

2006 - 2014 **Projectmanager**  
Head of Public Relations & Cooperations, Curator Arts  
Programme, Reeperbahn Festival GbR Hamburg

## Education & Qualifications

### > Academic Career

2006 **Master Science Politique:** Stratégies des Echanges Culturels  
Internationaux, Université Lyon 2

2005 **Master of Arts in Social Science & Humanities**  
Interdisciplinary Studies, Frankreich-Zentrum Albert-Ludwigs-  
Universität Freiburg

2002 **Magistra Artium**  
Germanic Studies, Romance Studies, History,  
Technische Universität Dresden

### > Psychotherapy & Consulting Qualifications

2011 - 2022 **Masterclass The Eye Of The Needle** (Peter Levine, 2022), **Somatic Experiencing Practitioner®** (2016), **Basic Bonding** (2014), **Body Psychotherapy** (2014), **Transparent Communication** (2013), **Gestalt Counsellor** (2013), **Traditional Healer Psychotherapy** (2011), **Existential Analysis** (2011)

### Personal engagement in various projects such as:

2021 Collective Trauma - Climate Change Lab  
(Thomas Huebl, Academy Of Inner Science)

2021 Societal Prototyping at u.lab 2x 2021 (Otto Scharmer, M.I.T.)

**Languages: German:** native speaker **French:** advanced **English:** fluent