

Burcu Özer Katmer

CORPORATE TRAINING CONSULTANT
CERTIFIED BREATHWORK AND LIFE COACH
WRITER



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Uster, 8610, Switzerland



ABOUT ME

Certified Breathwork Trainer and Coach with over 10 years of experience in corporate training, coaching, and writing. Published author and podcast host, specializing in stress management, emotional awareness, and conscious breathing techniques. Passionate about helping individuals and organizations achieve greater well-being through tailored coaching programs and workshops.

SKILLS

Training Development

Training Facilitation

Breathwork Training

Professional Coaching

WORK EXPERIENCE

Writer, Trainer & Coach

SELF-EMPLOYED / May 2019 - Present

- Authored the novel Kendine Ait, published in April 2023.
- Developed and delivered a Corporate Breathwork Programme to corporate clients in Turkey.
- Conducted one-on-one coaching sessions, focusing on coaching and breathing techniques.
- Facilitated regular "Breathing Circles" to promote well-being through breathwork practices.
- Hosted the podcast Kabilesini Arayan Kadınlar, focusing on personal development and emotional awareness.

Training and Performance Development Consultant

PDR INTERNATIONAL / Aug 2016 - May 2019

- Designed and delivered corporate training programs on Breathing Techniques for Professionals, Stress Management, and Emotional Awareness.
- Conducted individual coaching sessions on stress management and emotional resilience using breathwork techniques.
- Created and led open training sessions on various topics, including Success Coaching, Conscious Breathing, and Body Awareness.
- Collaborated with clients to customize training programs based on their organizational needs.

Trainer & Training Coordinator

NEFES OKULU / Aug 2013 - Aug 2016

- Conducted weekly breathwork workshops and provided one-on-one coaching sessions.
- Developed and delivered open and corporate training programs on Breathing Techniques, Emotional Awareness, and Stress Management.
- Coordinated training schedules and managed logistics for workshops and events.

Strategic & Major Account Management

TURKCELL İLETİŞİM HİZMETLERİ A.Ş. / May 2012 - Feb 2013

- Managed key accounts, ensuring high client satisfaction and retention.

LINKS

Website:

www.burcuozerkatmer.com

LANGUAGES

English

German

HOBBIES

Travelling , Broadcasting podcasts in various topics, Volunteer at Türkiye Eğitim Gönüllüleri Vakfı (Turkish Education Volunteers Foundation)

PUBLICATIONS

Mutluluğu Arayanlar İçin
Ray Yayıncılık, İstanbul,
2014

Kendine Ait
Düşbaz Kitap, İstanbul,
2023

- Delivered customized solutions and support to major clients, enhancing client relationships.

Large Account Management

TURKCELL İLETİŞİM HİZMETLERİ A.Ş. / Aug 2009 - May 2012

- Developed strategies to manage and grow relationships with large accounts.
- Increased revenue by identifying and addressing client needs with tailored solutions.

Sales Executive

DHL EXPRESS TAŞIMACILIK VE TİCARET A.Ş.
/ Jul 2007 - Aug 2009

- Achieved sales targets through proactive client relationship management.
- Supported business development by promoting DHL's logistics services.

EDUCATION

Somatic EMDR Training

Embody Lab, USA / 2024

Integrative Somatic Psychology Training

Embody Lab, USA / 2023

Therapeutic and Reflective Writing

Professional Writing Academy, UK / 2023

Positive Neuroplasticity

Dr. Rick Hanson, USA / 2018

50-hour Yin Yoga Intensive Teacher Training

Berivan Sungur, Turkey / 2020

Certified Relationship Coaching Program

Sola Unitas, Turkey / 2015

Certified Breath Coaching Program

Nefes Okulu, Turkey / 2013

Certified Holotherapy Trainer Program

Nefes Okulu, Turkey / 2013

Professional Coaching Program

House of Human, Turkey / 2013

BA in International Relations

Istanbul University / 2005