

Faculty of Life Sciences  
Department of Psychology  
Personality Psychology

**Expertise**

Dr. rer. nat. habil. Eva Asselmann is a psychologist and has extensive expertise in the areas of personality development, resilience, stress management, health promotion, and prevention. Her research focuses on the following questions: How does our personality change throughout life? How do major life events affect our personality, well-being, and health? What can we do to successfully cope with stress, overcome crises, and grow from challenges?

Dr. Eva Asselmann offers coachings and trainings with a focus on personality development, resilience, stress management, and relaxation. In her practical work, she combines her scientific know-how with her long-term experience as a psychological consultant, coach, and trainer. She has additional qualifications in systemic coaching, change management, as well as acceptance and commitment therapy.

**Scientific Services**

Coaching and Training in the field of:

- Personal development (professional/personal)
- Resilience
- Stress management
- Relaxation

**Continuing Education**

- Stress management training for people who feel stressed or agitated in everyday life (INSTANT RELAX: Participants learn an innovative relaxation technique that enables to relax within 20-30 sec. even in acute stress situations. Complaints such as headaches, back pain, anxiety and restlessness can be effectively reduced.)



**Topics / Trends**

Ageing  
New Work  
Working Environment  
Demographic Change  
Diversity & Gender  
E-Health  
E-Learning

**Industries**

Healthcare & Life Sciences  
Professional Services & Consulting

<https://www.linkedin.com/in/eva-asselmann-822014107/>