

# Lara Valentina Nagel

## Career

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Since 2021	<b>Holistic Health and Wellbeing Coach</b> <i>Lara Nagel Coaching (Phonisk), International</i> <ul style="list-style-type: none"><li>• Treatment of tinnitus and hyperacusis</li><li>• Specialisation psychoacoustics and biological systems</li><li>• Support with mental health, wellbeing, and personal development</li></ul>
Since 2024	<b>Key Accounting Advisor, Freelance</b> <i>Impact Solution GmbH, Zürich</i>
2023	<b>Technical Account Manager</b> <i>MCH Global, Zürich</i>
2020 - 2023	<b>Co-Founder, CEO, Advisor</b> <i>unuh AG, Zürich</i>
2019 - 2020	<b>Head of Creation</b> <i>Cosmiq Universe AG, Zürich</i>
2018 - 2019	<b>Music Editor</b> <i>Energy Schweiz AG, Zürich</i>
Since 2013	<b>Music Consultant, DJ and Producer</b> <i>Self-Employed &amp; Freelance, International</i>
2012 - 2015	<b>Junior Project Manager - Events</b> <i>New Order AG, Zürich</i>
2015 - 2016	<b>Apple Service Technician (FRS)</b> <i>Apple Switzerland AG, Zürich</i>
2010 - 2014	<b>Commis de Cuisine - Professional Chef</b> <i>Zunft Haus Zur Saffran, Gamma Catering, Zürich</i>

## Education

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<b>Certifications</b> 2019 - 2024	<b>Anatomy: Gastrointestinal, Reproductive, and Endocrine Systems</b> <i>University of Michigan - online</i>
	<b>Basic Principles of Cell Signaling</b> <i>Korea Advanced Institute of Science and Technology (KAIST) - online</i>
	<b>Biochemical Principals of Energy Metabolism</b> <i>Korea Advanced Institute of Science and Technology (KAIST) - online</i>
	<b>Chemical Biology</b> <i>University of Geneva - online</i>
	<b>Chemicals and Health</b> <i>John's Hopkins University - online</i>
	<b>Child Nutrition and Cooking</b> <i>Stanford University - online</i>
	<b>Condensed Trauma Release Certification (CTR 1, CTR 2, CTR 3)</b> <i>Institut für CTR Fortbildung - Männedorf</i>

**Cooking for Busy Healthy People**

*Stanford University - online*

**Creativity, Communication and Conflict Coaching**

*Praxis und Institut für Psychotherapie und neurosystemisches Coaching*

**Hearing Loss in Children**

*University of Michigan - online*

**Hypnosystemic Trauma Therapy by Dr.med. Gunther Schmidt**

*Institut für systemische Entwicklung und Fortbildung (IEF) - Zürich*

**Major Depression in the Population: A Public Health Approach**

*John's Hopkins University - online*

**Medical Neuroscience**

*Duke University - online*

**Nutrition Education for the Consumer**

*National Academy of Sports Medicine - online*

**Positive Psychology by Martin E. P. Seligman**

*University of Pennsylvania - online*

**Sleep: Neurobiology, Medicine and Society**

*University of Michigan - online*

**Understanding Medical Research**

*Yale University - online*

**Vital Signs: Understanding What the Body Is Telling Us**

*University of Pennsylvania - online*

**Weight Management: Beyond Balancing Calories**

*Emory University - online*

**Learning**

2021 - 2026

2018 - 2021

2015 - 2017

Since 2011

2010 - 2012

2009 - 2010

**BSc Psychology**

*University of London - long-term distance learning*

**Mental Health and Personal Development Coaching**

*Delia Schreiber, Lic.phil.i. (MSc), Praxis und Institut für Psychotherapie und neurosystemisches Coaching - Männedorf*

**Audio Technology Diploma: Audio Engineering**

*SAE Institute of Technology - New York*  
Valedictorian

**Holistic Health, Nutrition and Interdisciplinary Research**

*Autodidactic & Expert Exchanges*

**International Baccalaureate Diploma**

**Higher Levels: Biology, English and German Literature**

*Juventus Schulen Zürich - Zürich*

**Cooking and Nutrition**

*Allgemeine Berufsschule Zürich and Restaurant Hirschen am See - Zürich*