

# Lara Valentina Nagel

## Career

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- Since 2021
- Holistic Health and Wellbeing Coach (Ages 14-80)**  
*Lara Nagel Coaching (Phonisk), based in Zürich with international reach*
- **Specialist in Tinnitus and Hyperacusis Care**  
Offering tailored guidance and treatment strategies for managing and alleviating tinnitus and hyperacusis, rooted in psychoacoustics and biological systems
  - **Comprehensive Mental Health and Wellbeing Support**  
Providing personalised coaching focused on mental health, emotional wellbeing, and fostering personal development through a holistic, integrative approach
  - **Expert in Nutrition and Metabolism**  
Delivering evidence-based advice on nutrition and metabolic health, designed to optimise energy levels, enhance vitality, and promote sustainable wellness
  - **Tailored Coaching for Diverse Global Clients**  
Offering adaptable coaching that respects cultural differences and individual needs, ensuring relevance in both local and international contexts
  - **Business Consulting for Sustainable and Human-Centred Workplaces**  
Advising organisations on creating sustainable, human-centred environments and business structures that enhance workforce wellbeing, performance, and long-term growth through improved employee engagement and workplace health initiatives
  - **Certified Member of the International Coaching Federation since 2021**
- Since 2024
- Business Consultant and Key Accounting, Contract**  
*Impact Solutions GmbH, Zürich*
- 2023
- Technical Account Manager, Contract**  
*MCH Global, Zürich (Art Basel, MC2, Expomobilia)*
- 2020 - 2023
- Co-Founder, CEO, Advisor**  
*unuh AG, Zürich*
- 2019 - 2020
- Head of Marketing and Creation**  
*Cosmiq Universe AG, Zürich*
- 2018 - 2019
- Music Editor and Planner**  
*Energy Schweiz AG, Zürich*
- 2013 - 2020
- Music Production Consultant, DJ/Producer and Event Organiser**  
*Self-Employed & Freelance, International (150+ Performances, 100+ Events)*
- 2012 - 2014
- Junior Project Manager - Medium to Large-scale Music Events and Festivals**  
*New Order AG, Zürich*
- 2014 - 2016
- Apple Service Technician (FRS)**  
*Apple Switzerland AG, Zürich*
- 2010 - 2014
- Commis de Cuisine - Professional Chef**  
*Zunft Haus Zur Saffran, Gamma Catering, Zürich*

## Education

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### Certifications

Until Oct 2024	<b>Chemical Biology</b> <i>University of Geneva - online</i>
Until Dec 2024	<b>Medical Neuroscience (Advanced)</b> <i>Duke University - online</i>
Specialisation 2024	<b>Science of Diet and Exercise - 3 courses</b> <i>National Academy of Sports Medicine - online</i>
Specialisation 2023-2024	<b>Foundations of Positive Psychology by Martin E. P. Seligman – 5 courses</b> <i>University of Pennsylvania - online</i>
Specialisation 2022-2024	<b>Anatomy – 4 courses</b> <i>University of Michigan - online</i>
2024	<b>Understanding Medical Research</b> <i>Yale University - online</i>
2024	<b>Biochemical Principals of Energy Metabolism &amp; Cell Signaling - 2 certifications</b> <i>Korea Advanced Institute of Science and Technology (KAIST) - online</i>
2024	<b>Chemicals and Health</b> <i>John's Hopkins University - online</i>
2023	<b>Condensed Trauma Release (CTR 1, CTR 2, CTR 3) - 3 courses</b> <i>Institut für CTR Fortbildung - Männedorf</i>
2020	<b>Creativity, Communication and Conflict Coaching</b> <i>Praxis und Institut für Psychotherapie und neurosystemisches Coaching - Zürich</i>
2019	<b>Child Nutrition and Cooking</b> <i>Stanford University - online</i>
2017	<b>Avid Certified User, Pro Tools</b> <i>Avid Technology Inc. – conducted by SAE Institute of Technology, New York</i>
Advanced Training Seminar – 2022	<b>Hypnosystemic Trauma Therapy by Dr.med. Gunther Schmidt</b> <i>Institut für systemische Entwicklung und Fortbildung (IEF) - Zürich</i>

### Studies and Learning

2021 - 2026	<b>Bachelor of Science: Psychology (directed by King's College)</b> <i>University of London - long-term distance learning</i>
2018 - 2021	<b>Systemic Coaching</b> <i>Delia Schreiber, Lic.phil.i. (MSc), Praxis und Institut für Psychotherapie und neurosystemisches Coaching - Männedorf</i>
2015 - 2017	<b>Audio Technology Diploma: Audio Engineering</b> <i>SAE Institute of Technology - New York</i> Valedictorian, 3.9 GPA
Since 2011	<b>Psychoacoustics, Holistic Health, Nutrition and Interdisciplinary Research</b> <i>Autodidactic &amp; Expert Exchanges</i>
2010 - 2012	<b>International Baccalaureate Diploma</b> <b>Higher Levels: Biology, English and German Literature</b> <i>Juventus Schulen Zürich - Zürich</i>
2009 - 2010	<b>Cooking, Nutrition and Food Science</b> <i>Allgemeine Berufsschule Zürich and Restaurant Hirschen am See - Zürich</i>
2006 - 2009	<b>Sekundarschule A</b> <i>Schulhaus Blatten, Männedorf</i>

