Dr. med. TATJANA REICHHART

Specialist in psychiatry and psychotherapy
Resilience and mental health expert

Tatjana Reichhart holds a doctorate in psychiatry and psychotherapy (behavioural therapy). Her mission is to help people stay mentally healthy.

For almost ten years, Tatjana Reichhart worked in psychiatry at the Klinikum rechts der Isar of the Technical University of Munich, most recently as a senior physician, before implementing an innovative approach and pleasant ambience for counselling, coaching and prevention with Kitchen2Soul in 2015.

The specialist in psychiatry and psychotherapy often experiences reservations about her profession and is at the same time aware of how necessary quality measures are to prevent mental illness. This is the basis of her coaching concept. Tatjana Reichhart meets her clients at eye level. She takes off her doctor's coat and offers well-founded, unprejudiced support, counselling and coaching.

She is an expert in maintaining mental health and resilience despite the burdens and stressors of everyday (work) life. Thus, she offers sound and practically relevant knowledge on the topics: Stress management, burnout prevention, resilience, positive psychology and communication.

She taught at the Faculty of Strategy and Organisation at the Technical University of Munich in order to sensitise the bosses of tomorrow to the topics of "healthy leadership", "mental stress and burnout" at an early stage.

She designs and conducts workshops for managers, employees, HR departments and works councils on the topic of "mental health in the workplace". Tatjana Reichart also focuses on "doctor-patient communication" and the topic of "self-care" as the basis of resilience. She is also in demand as an experienced moderator of various event formats.

Topics (Selection):
- Stress and stress management
- Resilience and self-care (in times of crisis)
- Mental strength - how to use our brain properly
- Self-determination instead of feeling driven
- Success - what really counts in life

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