

A grayscale portrait of Sabine Bäuml, a woman with short dark hair and round glasses, smiling. She is wearing a dark blazer over a light-colored top. The background is a soft, out-of-focus light gray.

Sabine Bäuml

Coaching. Consulting. Process facilitation

Profile

I am an Embodiment Coach and process facilitator.

I support individuals and organisations in moving beyond pure functioning – and reconnecting with themselves, their awareness, and their ability to act.

For teams, I create experiential spaces where collaboration is not only understood, but directly experienced.

My work integrates embodiment, integral coaching, and systemic perspectives with a deep understanding of the nervous system, safety, and human dynamics.

I work in both German and English.

Training and Qualifications

- **Trauma Coaching** - Embodiment Unlimited (2026)
- **Embodiment Toolkit Practitioner** - Embodiment Unlimited (2026)
- **Certification of Embodiment Coaching** - Embodiment Unlimited (2025)
- **Polyvagal-Theory: Safety, Connection and the Human Experience** - Polyvagal Academy (2024)
- **Trauma-Informed Women in Leadership** - The Pocket Project (2023)
- **Integral Business Coaching** - Coaching Center Berlin (2022–2023)
- **Systemic Transformation Consulting** – Academy for Transformation Design (2021–2022)
- **u.lab: Leading from the Emerging Future** - MITx/edX (2021)

Memberships

- Masters of Embodiment Coaching, Member since 2025
- International Coaching Federation (ICF), Member since 2023

kontakt@sabine-baeuml.de
www.sabine-baeuml.de