

Professional Profile



Mag. Lydia Taus
Clinical and Health Psychologist
Occupational Psychologist

Contact

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Services

- Support in change process and decision making
- Coping with stress or a crisis
- Health promotion
- Relationship counselling
- Self esteem improvement
- Professional (re)orientation, career planning and job coaching
- Dealing with stress, pressure and challenges from and at work, burnout treatment and prevention
- Conflict and stress management
- Leadership coaching

Present Professional activities

- Since 2016: Medical University of Vienna | International Office
- Counselling of dual career couples, coordination of the Career Service Network
- 2010 – 2016: Medical University of Vienna | Personnel Development Department
- Deputy head
 - Counselling of employees, career coaching, career planning and development
 - Planning and implementation of training and personnel development events for employees
 - Workplace health promotion, communication culture, young scientists development (e.g mentoring), leadership development

Professional experience

- Providing psychological services for adults (psychiatrist - private practice)
- Coaching and job application training for unemployed persons
- Long-term experience in recruiting, human resources development and marketing (commercial enterprise and consulting company)
- Psychological services for elderly with disabilities in long-term care (residential care home for the elderly)

Education

- Master's degree in psychology (University of Vienna and Salzburg)
- Certified clinical psychologist and health psychologist
- Certified occupational psychologist

Additional skills and interests

Teaching dance, bodywork and pilates