



The Self-Developer

Jens Corssen is known as the Self-Developer. He shows his audience how to put the philosophy of his lifework “the Self-Developer” into practice to develop a more positive frame of mind towards change.

With a degree in psychology from the Ludwig Maximilian University of Munich and an additional qualification as a behavioural therapist, Jens Corssen opened a psychological practice in Munich in 1971 together with a colleague.

He has been among the first in Germany to practice behavioural therapy, the most recent results from brain research and neurobiology now provide striking proof that supports the conclusions of behavioural therapy. Specifically, new neural pathways in the brain, which are required to change behaviour, are only formed when insights and knowledge lead to emotionalising experiences.

Rather than focusing on the often frustrating process of coming to terms with the past, Jens’ intervention concentrates on the committed achievement of goals in all aspects of life. For this to happen, it is necessary for the person to gain the required perspective on things and develop a positive attitude.

He is convinced that conscious self-development with a view to changing one’s own attitude and behaviour also leads to more respectful and caring relationships.

Although the focus of his work switched from the private to the professional sphere back in 1995, people are also at play at work. Ultimately, personality also makes the difference in day-to-day business.

In his speeches, he passes on the essence of his more than 40 years of experience as a psychologist, conflict advisor and mentor in times of change.